

THE BOOK OF ENTRÉES

JANET MACKENZIE HILL

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The Book of Entrées

BOOKS BY
JANET M. HILL

SALADS, SANDWICHES AND
CHAFING-DISH DAINTIES

THE UP-TO-DATE WAITRESS

COOKING FOR TWO

THE BOOK OF ENTRÉES

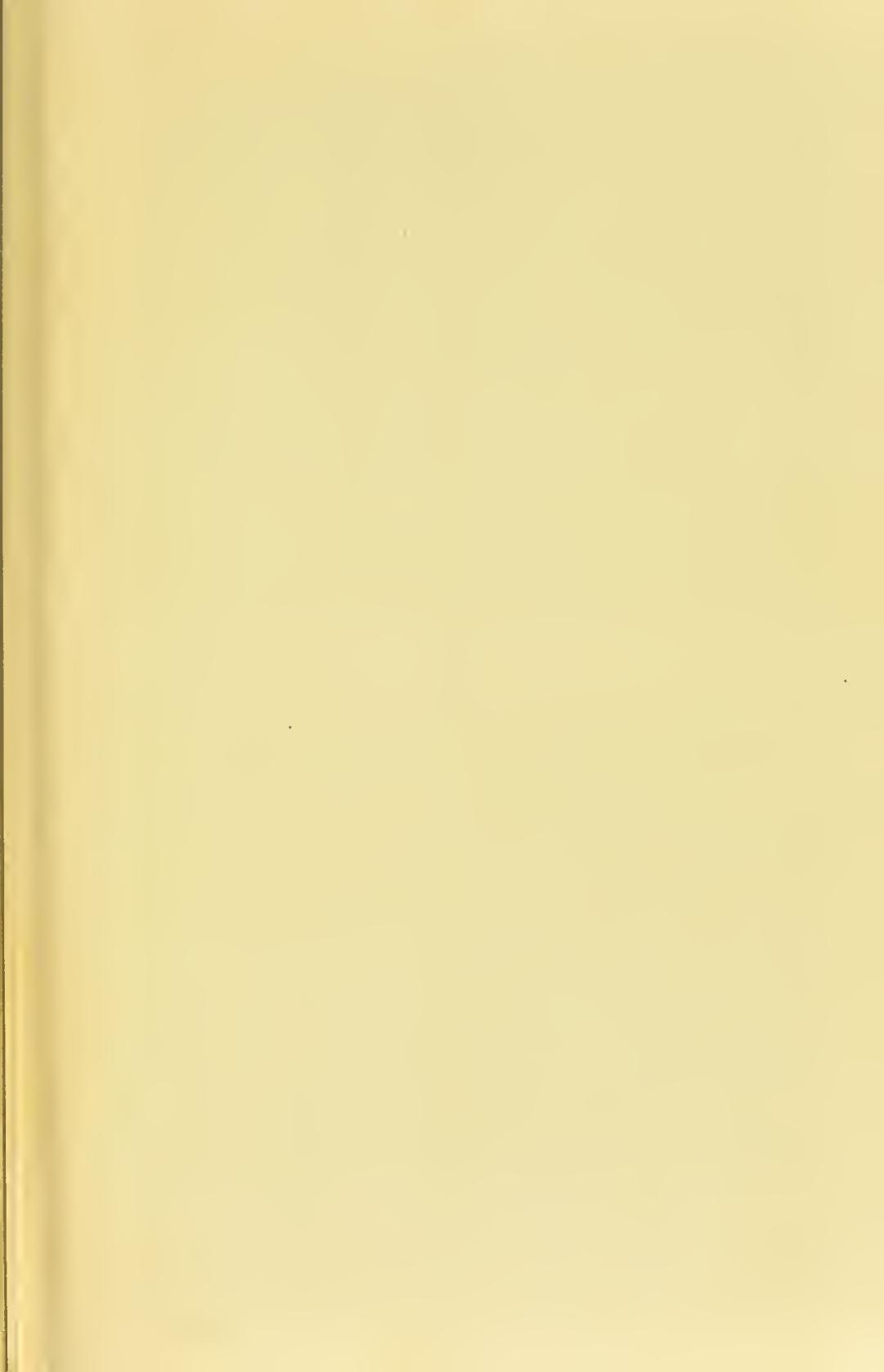




TABLE LAID FOR LUNCHEON. FIRST COURSE, GRAPEFRUIT, IN PLACE.



TABLE LAID FOR FORMAL DINNER. FIRST COURSE, FRESH MUSHROOM COCKTAIL, IN PLACE.

THE BOOK OF ENTRÉES

INCLUDING CASSEROLE AND
MAIN COURSE DISHES

BY

ANNIE MACKENZIE HILL

*Author of "Casseroles," "The Up-to-Date Kitchen,"
"Sauces and Sauces," etc.*

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THE BOOK OF ENTRÉES

INCLUDING CASSEROLE AND
PLANKED DISHES

By

JANET MACKENZIE HILL

*Author of "Cooking for Two," "The Up-to-Date Waitress,"
"Salads and Sandwiches," etc.*

ILLUSTRATED

LONDON
T. FISHER UNWIN

1912

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Pertinent Sayings

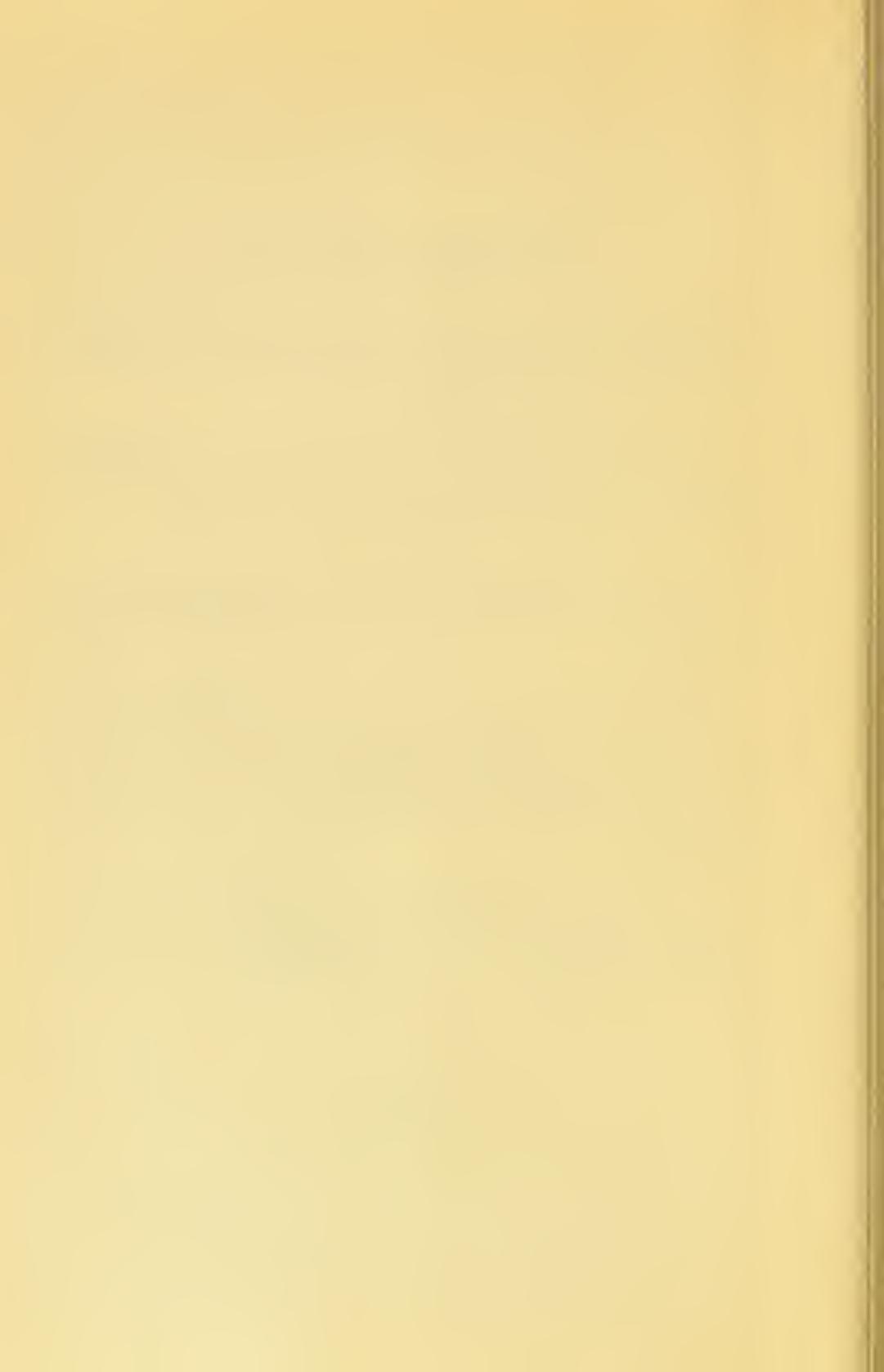
“Success in the practice of cookery, as in any undertaking of life, is the result not only of natural aptitude, but of persevering application.”

“What will be agreeable to the stomach and restorative to the system at five o’clock will be uneatable and indigestible at a quarter past.” — *The Cook’s Oracle*.

“The wise woman will have many side-lights in her composition; and in the kitchen her sauces will have many shadings.”

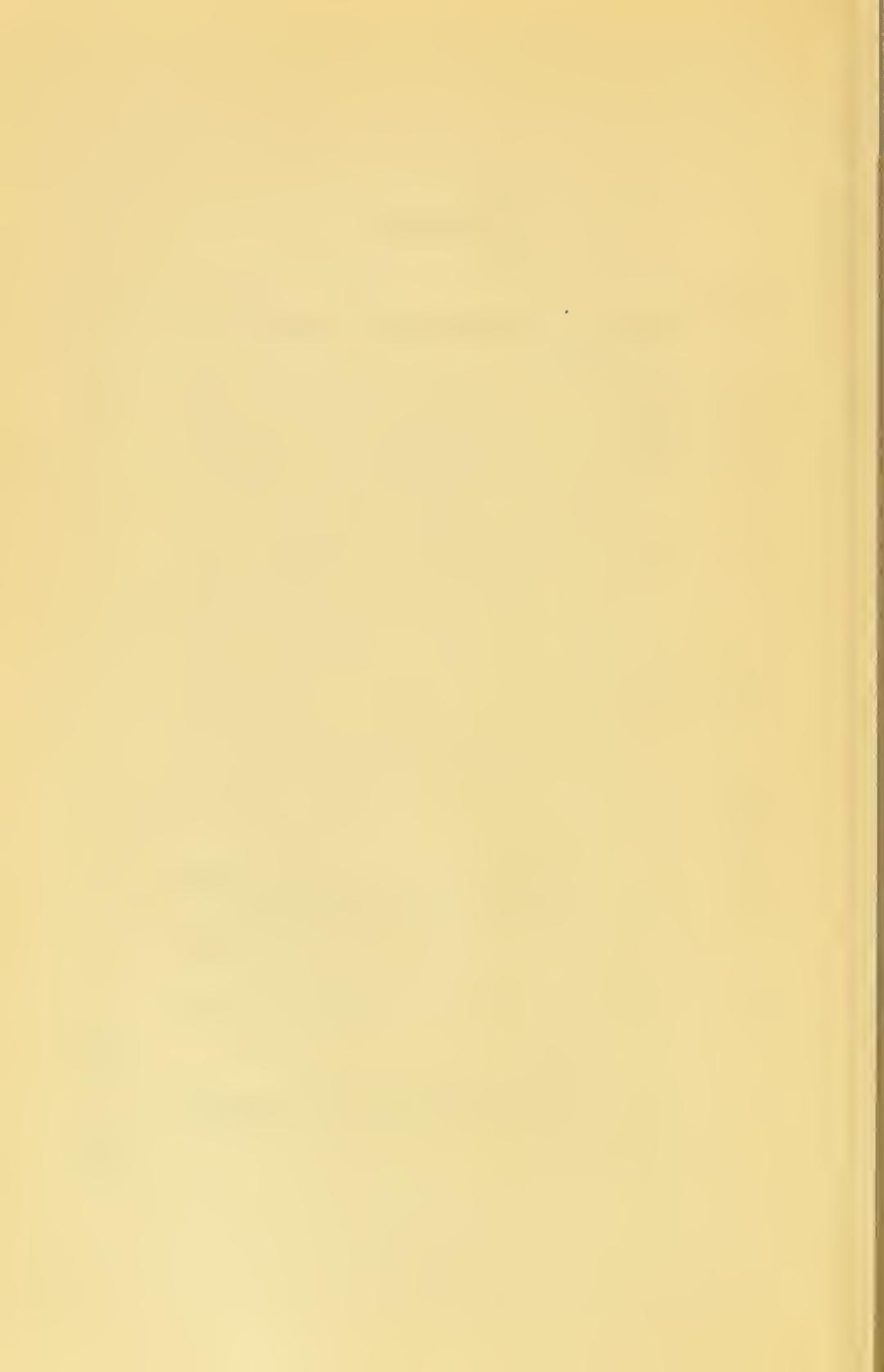
“Above all, study well your sauce; if it fail, disaster is inevitable; if it succeed, place laurel leaves in your hair, for you will have conquered. A woman who has mastered sauces sits on the apex of civilization.” — *The Feast of Autolycus*.

“The poetry of life always has a practical side to it, and most practical affairs rightly worked out are full of poetry.” — *Powell*.



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The Book of Entrées

CHAPTER I

ENTRÉES: THEIR CHARACTER AND TIME OF SERVICE

IN a consideration of the subject of entrées, the first question to be asked is, what is an entrée? There are certain characteristics that pertain to an entrée, and these we will consider later on; but first of all we need to know something of the composition of a menu, or bill of fare, in which an entrée would be presented.

A proper menu is not a haphazard collection of articles of food. In selecting the various dishes that are to be combined in a dinner, especially in a dinner of ceremony, aesthetical as well as physiological conditions are to be kept in mind; also variety in the articles of food and in the shape, color, texture and flavor of the dishes is sought for; and at the same time the dishes as a whole advance in importance from the simple appetizers to the grand climax of the roast, and then they gradually decline to the clear black coffee, which is the fitting close of the meal.

Thudichum says, “the menus of our forefathers

(English) consisted of three courses: soup and fish, the first; entrées and joints, the second; game and sweets, the third; cheese and dessert (fruit, nuts, etc.) were called by some a fourth course, and by some simply an appendix to the third.”. To-day this cannot be considered a logical grouping of these eight varieties of dishes. At the period of the renaissance each dish was served by itself and considered a course; and there were from twelve to sixty dishes, or courses, in a dinner. Here we have the other extreme, and the term “courses” has no real meaning. A glance at the style of table service at the time of our forefathers gives us the key to their division into three courses. Food was served from the table. While the soup was being eaten there was a joint of meat or fish at the head of the table, another at the foot of the table, and usually one or more at each side. All these constituted the first “course.” Thus the term “course,” then, was in conformity to our idea of the term as used in the present day: that is, in the term “course,” as applied to a dinner menu, are included all the dishes that appear upon the table together. But in the service of to-day nothing appears upon the table except such things as belong to the course being served or are eaten together. With soup — croutons, bread sticks, etc., excepted — nothing would appear on the table save such relishes as celery, radishes, olives and salted nuts, which may be eaten with any course up to the sweets.

While the number of dishes in a course has been much cut down, and other changes that tend to the simplification of menus are coming into vogue, the general make up of menus, to-day, is much the same as it was two hundred years ago. Soup follows the hors d'oeuvres, then comes the course called remove in English, *relevé* in French, from the fact that it removes the soup from the table. Formerly, this course comprised fish of several kinds, usually whole or in a large section, boiled or baked or both; the “*bouilli*” or beef from which the soup (pot-au-feu) was made; a boiled chicken or turkey; lamb or mutton, ribs or fillet of beef, roasted; potatoes, etc. This course is followed by several dishes, usually in individual portions (but never such as call for much carving), made of choice materials and accompanied by fine sauces; each dish is served in a course by itself. These are *entrées*.

Formerly, in a fine dinner an entrée of fish, one of chicken, one of beef, one of vegetables, one including pastry and one including truffles, served in the order of their delicacy, were thought to be essential. Of course the truffles and the pastry were often combined with the fish or the chicken. After entrées comes the course called *rôts* in French, roast in English. This dish is of game or fowl or ham, and is usually accompanied by a salad. Paté-de-foie-gras in aspic or a choice vegetable (as asparagus or cauliflower) with a rich sauce follows the roast. With these or other entrées ends the first “service.”

The second service, "sweets," includes Charlotte Russe, wine jellies, light pastry, soufflés, ices, fruits, nuts, bonbons (sometimes cheese and crackers) and coffee. These are usually served in two courses (three, coffee, being considered a course), if a hot dish be included in the list.

The menu then stands to-day as so long ago:

HORS D'OEUVRE
SOUP
REMOVE
ENTRÉES
ROAST
ENTRÉES
SWEETS
COFFEE

But the high cost of food products and, also, of service have materially changed the dishes presented in the courses of a dinner, and have brought entrées into more prominence. Whereas formerly, entrées appeared only after, or in conjunction with, the two main courses of the dinner, they now often supplant one or the other of these courses and sometimes, even in formal luncheons, replace them both. In a dinner of considerable pretension an entrée of fish is not infrequently the sole representative of the course called "remove."

Now we are ready to notice something of the characteristics of an entrée, and in the modern

menu these characteristics are somewhat changed. Up to within the last ten years — perhaps even a shorter time — an entrée or side dish was thought of principally as a dish served between or in conjunction with the main courses of the dinner; but now that an entrée may supplant these main courses this definition is less complete than formerly.

Escoffier considers that the classification of a dish as an entrée depends largely on the question of bulk, and that the mode of preparation, which is usually, in case of solid meat, grilling, poaching or sautéing, is entirely owing to this fact of lack of bulk; as, for instance, a whole fillet of beef, or a comparatively large piece from a fillet, could be roasted or braised without broth (basted with butter) and served as a remove or roast; while the same fillet, cut in slices for individual service, must be grilled or sautéed and served as an entrée. Be this as it may, with but few exceptions entrées are cooked by other modes than roasting.

Lack of bulk, then, is one of the principal characteristics of an entrée, and while the manner of cooking has a bearing on the subject it does not form a line of demarcation. A roasted capon would not be an entrée, while roasted birds might serve as either roast or entrée, according to the place allotted them in the menu and the dishes served before and after.

Skilful cooking is expected in an entrée, not only in the sauce — for most entrées are accompanied

by a sauce — but also in the body of the dish itself. Being served alone it challenges the attention and any lack of seasoning or flavoring, or any remissness in timing the cooking so that succulence is lost, is apparent at once and is a bid for disapproval.

The greater number of entrées are prepared from proteid substances, as eggs, fish of all kinds, fowl, lamb, veal, game and choice portions of beef, but choice fresh vegetables, as mushrooms, cauliflower, tomatoes and asparagus, and some fruits — notably in fritters — are also used.

When two entrées are served, one immediately after the other, the most delicate should be served first; if one consists of solid pieces of meat or fish, the basis of the other should be in the form of a purée or chopped ingredient. If one is grilled, the other should be fried or poached; nor should the same sauce appear twice; variety in all details should be sought.

CHAPTER II

PRELIMINARY PREPARATIONS AND PROCESSES

MEAT AND FISH STOCK

Many entrées are prepared of meats that have been previously cooked; such meat loses in flavor during the reheating process, but this flavor may be restored, in a measure at least, by the judicious use of standard or other broths and glaze. Also, in the making of most sauces, choice broths are indispensable. Standard broth — broth containing the soluble compounds of a pound of meat in each pint of water — if properly made will always insure good results, but stock made largely of remnants of roasts, especially if reinforced by a few bits of uncooked meat, are by no means to be despised.

If broth is to be used for aspic jelly or a very fine sauce, clarification is necessary; for most other uses it is not essential and the process, while adding nothing to the flavor, causes loss in the nutritive value.

KINDS OF MEAT, FISH, ETC., IN STOCK

Stock, or broth, may be made of a single variety of meats, game or fish, or of a combination of two or

more varieties. Beef, veal and chicken combined give consommé. Lamb may be combined with beef, but it is commonly used alone. Any varieties of fish may be used together, and chicken or veal broth are used with any variety of fish. Salmon and lobster, on account of their pronounced flavor, must be used with care and would not be selected for general stock.

For color and also for the more pronounced flavor developed in browned meats, part of the meat used in stock, unless it be desirable to keep the stock very white, should be browned before it is covered with liquid. A small quantity of fat and some bone should be present in the meat selected for stock. Marrow is the best form of fat, and the fat of browned roasts is next in value. A small bit of ham (about two ounces) may be added with the other meats. The bones of fish, veal and chicken are rich in gelatinous substances which give body to a broth; beef bones are valuable, principally for the bits of meat adhering to them.

TEMPERATURE AND TIME OF COOKING STOCK

The meat or fish to be used, cut in small pieces, is put over the fire in cold water. It is well to allow the meat to stand some time in the cold water before setting it over the fire, that the juices may be more easily drawn out into the water. Heat slowly to the boiling point, skim, and allow to cook, gently bubbling at one side, and partially covered, five or six

hours; then add the vegetables and herbs to be used in flavoring, and let cook another hour. Pour off the broth, pressing all the juice from the solid ingredients; let cool quickly and uncovered. With the fat on top undisturbed, stock will keep several days in winter, but in summer it must be reheated every other day, and occasionally the weather is such that scalding each day is necessary.

GENERAL RECIPE FOR STANDARD BROTH

(3 pints)

| | |
|---------------------------------------|---|
| 4 pounds of meat (one-fourth bone) | $\frac{1}{4}$ bay leaf |
| 4 pints of cold water | $\frac{1}{4}$ sweet pepper pod |
| $\frac{1}{4}$ pound of lean ham | $\frac{1}{2}$ teaspoonful of sweet herbs or $\frac{1}{2}$ "soup bag" |
| 10 peppercorns | 2 stalks of celery |
| 3 sprigs of parsley | $\frac{1}{2}$ carrot } |
| 6 cloves | $\frac{1}{2}$ onion } cut in bits |

For white broth use veal as the meat; after cooking three hours, add a fowl, trussed as for roasting, and let it simmer until tender, then remove the fowl for use in some other dish and finish the broth as usual. This will give a very light colored stock; for a darker stock, brown part of the veal (cut in pieces) in marrow or drippings. Add these bits of meat to the rest of the meat, soaking in cold water. Pour some of the water into the pan and let it stand over the fire for some time to melt the glaze and browning material adhering to the pan; finally add this to the soup kettle and finish according to the directions previously given. For a dark brown stock use,

largely, beef or game of dark flesh, and brown part of the meat. This recipe should produce three pints of strong broth of a color corresponding to the materials used.

CONSOMMÉ

Use the same ingredients as for standard broth, except take two pounds, each, of beef and veal. Partly roast a fowl and add when the broth is about half cooked. Remove the fowl when tender. For a consommé, when less pronounced flavor of chicken is desired, add the chicken raw. Use the whites and shells of three eggs and half a pound of raw veal, chopped fine, to clarify the broth.

GOLDEN VEAL BROTH

(3 pints)

| | |
|----------------------|----------------------------|
| 4 pounds leg of veal | 2 small onions |
| 2 pounds leg of beef | 2 or 3 stalks of celery |
| 1 fowl | 2 or 3 branches of parsley |
| 1 carrot | About 5 pints of water |

Remove about three-fourths a pound of the veal and set aside. About one-third of the remaining weight of veal may be of bone; the beef should contain practically no bone. Tie the piece of veal into a compact shape. Cut the beef into small bits, and truss the fowl as for roasting. Rub over the bottom of the soup kettle with a little marrow or butter, put in the veal and about a pint of broth; let cook very slowly until reduced to a glaze, turn the meat occasionally and cook very slowly until

the whole surface of the meat is colored; add the beef in small pieces, and the water, and let heat slowly to the boiling point; let boil three or four minutes; cover partially and let simmer for an hour; put in the fowl, let simmer until the fowl is tender, then remove it. Remove the veal when it is done. Use the chicken and veal for croquettes or other salpicon dishes. Add the vegetables and let the broth simmer nearly an hour. Strain and cool. Do not cover while cooling. Remove the fat. Chop fine the piece of raw veal that was set aside at the beginning of the work, and pound it with a little of the veal broth; gradually add more broth and finally combine with all of the broth; set the broth over a quick fire and stir constantly until it boils; let simmer ten minutes, then strain and set aside. This stock should be of a bright golden color, highly flavored and well adapted for use in light-colored sauces. If it is to be used for aspic jelly, cook a calf's foot with the other ingredients, putting it in with the beef. This broth is particularly well adapted for use in braising birds, squabs, etc., and also for articles cooked *en casserole*.

STOCK FROM UNCOOKED CHICKEN BONES, GIBLETS, ETC.

Disjoint the framework, add the neck and giblets and if convenient bits of cooked and uncooked veal. Cover the whole with cold water and let simmer five or six hours. Add for each quart of liquid a rounding

teaspoonful, each, of coarse-chopped onion, carrot and celery, two sprigs of parsley, four peppercorns, and half a teaspoonful of sweet herbs and let cook nearly an hour. Finish as in the directions previously given.

STOCK FROM REMNANTS OF ROASTS, ETC.

Proceed as in making stock from uncooked bones, etc. If convenient, a little uncooked meat should also be used as the flavor is much improved thereby. The browned fat on roasts is a good addition to the other materials.

STOCK FROM LOBSTER BONES

Considerable flesh always adheres to the body bones of lobsters; break these into several pieces each, and crush the small claws and other bones upon which juices have coagulated; add the head of a white blooded fish, also a few bits of the flesh, if at hand, cover with cold water and finish as stock from uncooked chicken bones. Use herbs sparingly; sweet basil and parsley are the most appropriate. Simmer about half an hour.

STOCK FROM BONES AND TRIMMINGS OF FISH

| | |
|--|---|
| 1 tablespoonful of butter | $\frac{1}{4}$ cup of fresh mushroom parings or dried mushrooms |
| 2 pounds of trimmings and bones of white-blooded fish (halibut, black bass and the like) | 1 sprig of sweet basil 4 sprigs of parsley |
| 4 ounces of onions, sliced and blanched | 3 pints of cold water Juice of $\frac{1}{2}$ a lemon $\frac{1}{2}$ cup of Sauterne if desired |

Melt the butter in a saucepan, and put in the onion slices, mushroom parings or dried mushrooms soaked in cold water, the basil and parsley; over these set the fish and add the lemon juice; cover the saucepan and let the fish become gradually heated, shaking often meanwhile that nothing may adhere to the saucepan; add the wine if used; let stand uncovered until the liquid is reduced a little, then add the water and let cook from twenty minutes to half an hour. Finish according to the directions previously given for soup stock.

GLAZE

Meat or game glaze is much used in the making of entrées. It is used to give a rich glossy exterior to sweetbreads, and various small pieces of meat. Glaze also is added to a sauce or to the body of an entrée to heighten the flavor and, blended with cream or butter, serves as a sauce. To prepare glaze reduce any standard broth by slow cooking until it is of a consistency to coat a spoon, withdrawn from it. When cold the glaze will be solid and somewhat elastic. It will keep for some time if stored in a cool place. If small pinheads of mold begin to appear, simply remove these, scald, and when cooled again set aside. To use, melt over hot water. Apply to the objects to be glazed with a brush or baste with a spoon.

REMARKS ON CLEARING SOUP STOCK

Soup stock that is to be used for aspic jelly, in which articles are to be molded, needs to be transparent. Chicken and veal broth, cooked at the simmering point and carefully handled, may be used without clarification, but consommé and most mixed broths must be cleared with raw meat or white of egg. If the broth is lacking in flavor, raw meat is preferable to white of egg. Often both articles are used.

CLEARING TWO QUARTS OF STOCK

(With raw meat, etc.)

2 quarts of broth
1 pound of lean beef
1 white of egg
Several shells of eggs

The framework and bits of meat of
a fowl, roasted without stuff-
ing
Additional seasonings as needed

Make the meat fine in a food chopper; add the white of egg, the shells (washed before breaking the eggs) and the framework of the fowl, broken up (this can be omitted but adds flavor), and pound with a pestle (in a wooden bowl). Remove all fat from the broth. Use a little of the broth to moisten the meat while pounding, then mix in the rest of the broth and set the whole over the fire. Stir constantly while heating the mixture to the boiling point, remove at once to a cooler part of the range and let simmer very slowly, nearly one hour.

Care must be taken to keep the mixture below the boiling point, or the bones of the fowl would make

the broth cloudy. Do not continue the cooking longer than one hour. Remove such fat as is present. Tissue paper spread over the surface will take up the most of the fat. Strain through a napkin wrung out of cold water. Lay the napkin over a colander, set in a saucepan, and set a strainer on the napkin to catch the bones, meat, etc.

CLEARING TWO QUARTS OF STOCK

(With whites and shells of eggs)

2 quarts of broth

Shells of eggs

3 raw whites of eggs

Additional seasoning as needed

Remove all fat from the broth; beat the whites of eggs slightly; add the crushed shells, then, gradually, the broth, also seasonings if required. Set the saucepan over the fire and stir constantly while heating to the boiling point; let boil about five minutes; remove to a cooler part of the range and let stand to settle, then strain as before.

REGARDING ASPIC JELLY

Aspic jelly is made from clarified meat broth solidified somewhat with gelatine. A two-ounce package of gelatine, softened in a cup of cold water, is used to each five cups of broth. Consommé, having been clarified, and water with meat extract being transparent, can be made into aspic by simply the addition of gelatine. Meat broths must be flavored with vegetables, sometimes with wine,

freed from fat and clarified with whites and crushed shells of eggs. Aspic made from chicken or veal is of a very delicate color. Consommé gives a darker color and beef broth the darkest of all. Aspic prepared with Golden Veal Stock is of a very handsome color. Often tongue, chicken breast, and sweet-breads, whole or in slices, birds, eggs and choice vegetables are molded in aspic.

PROPORTION OF GELATINE

The general rule for aspic jelly is a two ounce package of gelatine softened in one cup of cold water for each five cups of broth. This gives a jelly firm enough to hold whole eggs, slices of tongue or chicken or similar solid substances in an upright position after unmolding. It is also firm enough for croutons. But, save for some special dish when looks are more desirable than gustatory properties, a jelly that will not "hold its shape" is far more desirable. Aspic jelly in all forms should be served very cold. As flavors are apparently lessened by the chilling process, all broths used for aspic should be strongly flavored with the foundation article or such vegetable or wine or herb as is desired in the particular case in question. The qualities of a good aspic jelly are strength of flavor, transparency, and delicacy as opposed to solidity. Of course, when garnishing with aspic triangles or other shapes, solidity is indispensable.

TO KEEP CONSOMMÉ OR OTHER BROTH

Heat the consommé to the boiling point, turn into sterilized fruit jars, put on rubbers and sterile covers, as in canning fruit, and fasten securely. Properly canned, the soup will keep indefinitely.

TO KEEP OLIVES AFTER OPENING THE RECEPTACLE

Leave the olives in the bottle surrounded by the liquid in which they came; pour in olive oil to cover the liquid to the depth of about one-fourth an inch, put in the cork or, if this be imperfect, tie a piece of cotton cloth over the top of the bottle. *Store in a cool place.* Olives may be removed from the bottle or other receptacle whenever desired, and those left will keep perfectly a year or longer, if air be excluded from the liquid by a layer of oil.

RECIPES FOR ASPIC JELLY**ASPIC JELLY FROM CONSOMMÉ**

| | |
|-----------------------------------|--|
| 5 cups of <i>cleared</i> consommé | $\frac{1}{2}$ to 1 whole cup of cold water |
| 1 to 2 ounces of gelatine | |

The quantity of gelatine to be used depends on the solidity desired in the finished product. Proportion the water to the gelatine taken. Let the gelatine stand in the cold water until the water has been absorbed, then pour on the consommé, heated to the boiling point, and the mixture is finished.

ASPIC JELLY FROM UNCLEARED STOCK

| | |
|--------------------------------|------------------------|
| 5 cups of broth freed of fat | 3 whites of eggs |
| 1 to 2 ounces of gelatine | Several shells of eggs |
| ½ to 1 whole cup of cold water | |

Soften the gelatine in the cold water. Beat the whites of eggs slightly. Crush the shells. Mix the whites, shells and softened gelatine with the stock, and stir constantly over the fire until the boiling point is reached. Let boil five minutes. Draw to a cooler part of the range to settle, then strain and it is ready to use. The thin yellow peel of a lemon may be added with the other ingredients, or wine may be added, after clearing.

DELICATE CHICKEN ASPIC

Clean a chicken about a year old; separate into joints, wash carefully, cover with cold water and heat *quickly* to the boiling point, then let simmer until tender. Strain off the broth — through a napkin. Season with salt and pepper and it is ready to set aside to chill and use. Two stalks of celery and an onion may be cooked with the chicken if desired. This variety of aspic is particularly good to serve around any cold dish in which chicken or veal are used.

COURT BOUILLON

Court bouillon is used as the liquid in which to cook trout and salmon and, also, shell fish. The following ingredients will supply enough liquid to cook brook trout for a course at a dinner: 5 cups of

water, $\frac{1}{4}$ a cup of vinegar, $\frac{1}{2}$ an ounce of salt, 1 chilli pepper without seeds, 3 ounces of carrots, 4 ounces of onions, 3 branches of parsley, 1 sprig of thyme. Chop the pepper, carrots and onion and wrap them in the parsley. Heat all to the boiling point; let simmer an hour, then drain and use as needed.

GRILLING OR BROILING

In grilling or broiling, an article is cooked over an open fire, preferably a bed of glowing coals. The article to be cooked is held upon a grill, gridiron or broiler — a frame consisting of parallel bars of iron or wire, with open spaces between. Sometimes the grill itself may be turned, and again the grill is stationary and the article to be cooked must be turned as needed.

Grilling in its simplest form was probably the first known form of cooking, and roasting on the "spit" was the natural outcome of this procedure.

Grilling is suitable for pieces of meat or fish presenting surface rather than thickness to the source of heat.

Care must be exercised, to avoid smoke from the fuel or from smoke occasioned by the dripping of fat upon live embers. Thus a wood fire must be reduced to glowing, live coals before grilling can be accomplished successfully over it. Also dampers must be set in such a way — when a stove is used — that all smoke be conveyed at once up the chimney.

The grill must be made very hot in advance of use or the article thrown upon it will stick to it. Rubbing over the hot bars with a bit of fat pork or beef suet is, also, of help in keeping the article to be cooked from adhering to the bars.

In cooking, the article is first subjected to strong heat, to sear over quickly the outside and imprison the juices. If the article were cooked several minutes on one side, the juices would be driven out upon the other side; to obviate this, cook ten seconds on one side, turn, cook ten seconds on the other, and repeat until the initial process is assured. Then withdraw the article a little from the heat to finish the cooking. When the juices at the center are slightly coagulated, the cooking is completed. This holds good in the cooking of dark meats, cut about an inch and a half thick, and which require about ten minutes cooking. When dealing with thin fillets, grenadins, noisettes, chops and similar articles, the initial searing and the full cooking are often completed at the same time.

The searing over of white meats is not essential and it is not desirable to color the meat before the cooking is completed. The cooking and browning should occur simultaneously.

PREPARATION OF ARTICLES FOR GRILLING

Wipe the articles to be grilled with a damp cloth. Wipe chops with the greatest of care to remove bits of bone that may be present. Baste with olive oil or

clarified butter before setting to cook and, occasionally, while cooking. This basting is especially necessary when grilling white meats or fish. Fish will brown better if it be first rolled in flour. Fish is cooked when the flesh separates easily from the bones. Many small articles, as oysters, slices of sweetbread, chops and small fillets are often brushed over with clarified butter and then rolled in sifted bread crumbs.

ROASTING

The articles to be roasted should always rest on a rack, and must on no account come in contact with the fat or drippings in the pan. Fat should be used for basting often during the cooking, the smaller the article to be roasted the oftener should it be basted. The oven should be hot when the roast is put into it, that the outside may be quickly hardened to keep in the juices; after that the temperature should be lowered.

BRAISING

Braising and roasting, on account of the articles usually selected for these methods of cooking, are not employed to any great extent in the cooking of entrées. Sweetbreads and veal, in a few fancy forms, and birds, occasionally, are about the only articles which call for braising. Thick slices of onion and carrot, browned on both sides in clarified butter, are set into a receptacle of a size appropriate to the

articles to be cooked; on these are disposed the meat or birds browned on all sides in hot fat; above these are set more vegetables prepared as before and a little veal broth is added. Now cover the dish and set it over a moderate fire to simmer very gently until the stock is reduced to a glaze; then add a little more stock and let reduce a second time to a glaze; then add stock to half cover the articles, set the lid in place and let cook in the oven until tender and no longer. Baste frequently with the liquid. Sweetbreads should be blanched before being browned in the fat. The repeated reducing of the stock to glaze is a necessary procedure, to secure a proper result. Meat basted with concentrated glaze is much more moist than that basted with ordinary broth. Veal broth, on account of its gelatinous nature, is preferable, no matter what the braised article may be.

PÖELING

Pöeling is a process of cookery carried out in an earthen casserole; but the finished dish is unlike the choice stew which we usually associate with the casserole, for no liquid is used in its preparation. The article pöeled is treated much like a roast, being uncovered and basted with hot fat quite frequently. Lest the meat fry in the fat with which it is basted it should be lifted a little from the bottom of the dish; three or four skewers laid in the bottom of the dish will serve the purpose. Usually a bed

of sliced vegetables receives the article to be cooked; this article may be poultry or birds nicely trussed, sweetbreads or boned and rolled meats. Poultry separated into joints is also available. Sliced vegetables are sprinkled above the article, hot fat is poured over, the cover is set in place and the dish is set in a moderate oven — to remain until the article is tender. The cover should be lifted and the article basted with hot fat three or four times each hour. If the meat when tender be not sufficiently browned, remove the cover and baste with hot fat repeatedly that the proper shade of color be acquired, then remove the article from the casserole, cover and keep hot until ready to serve. To the vegetables and fat in the casserole add about a cup of brown veal stock (part Madeira is often used) and let simmer ten minutes, to absorb the flavor of the vegetables; remove the fat, strain off the liquid and use as a sauce for the meat.

This is not a new method of cooking, but a much simplified process of an old-time style of cookery. It is in reality a combination of roasting, braising and stewing.

For the best results there must be no waste space in the dish; the earthen dish must be well filled by the article to be cooked. For roasting only choice cuts of tender meat or young poultry can be used; when pöeling is employed either choice cuts or young poultry or cheap cuts and fowl will give equally good results.

It is not essential that an article poëled be served from the casserole.

POACHING

The term "poaching" is applied to the cooking of various articles by means of a liquid that is always kept just below the boiling point. The cooking is carried out by quite diverse procedures, but no matter what the particular differences in manipulation may be, this one thing of cooking below the boiling point always remains the same. An article that is cooked by poaching is cooked delicately, and the liquid surrounding it is always kept just on the point of boiling, but never boils. Eggs and quenelles are poached by immersion in salted water. Mousselines, timbales and similar preparations are poached in molds surrounded with water; fillets of chicken and fish are poached in a few spoonfuls of concentrated broth, and whole birds are poached in just enough broth to completely cover them.

POACHING IN MOLDS

Timbales, mousselines, and other forcemeat preparations are usually cooked in molds. The preparations will unmold more easily and present a better appearance, if the molds are decorated. Capers, cooked peas, figures cut from slices of truffle or from pimentos or cooked white of egg are among the best decorations. The molds should be thoroughly buttered before the decorations are set in place,

then let fall a drop of melted butter on each bit of decoration and set the mold aside in a cool place; the butter on chilling will hold the decoration in place. Fill the molds compactly and make the mixture level on the top, that it may stand evenly when unmolded. Set the molds on many folds of paper or cloth, in a dish deep enough to allow the water to surround them to two-thirds their height; pour in water at the boiling point; let stand over the fire until the water again boils, then cover the mold or molds with buttered paper and let cook in the oven or on top of the range, without allowing the water to boil, until when pressed upon with the finger the mixture, at the center, feels firm.

UNMOLDING FORCEMEAT PREPARATIONS

Take the molds from the water, let them stand undisturbed two or three minutes (longer for a large mold), loosen the article with a pointed knife, at the edge of the mold; tip from side to side to make sure it does not adhere to the mold at any point and invert on a soft, even layer of cloth to take up any possible liquid, then transfer with a spatula to the serving dish; pour sauce around and they are ready to serve. Sauce may be poured *over undecorated* timbales or forcemeat preparations.

A preparation cooked in a large mold, should be unmolded upon the serving dish; it cannot be safely moved. After unmolding, with a soft cloth take up the liquid surrounding it.

SAUTÉING

Sautéing is cooking in a small quantity of hot fat. Fowl, birds, game, beef, veal, fish, etc., are sautéed. Fowl are separated into pieces at the joints; beef, veal, game and fish are all divided into small pieces. When the article is cooked upon one side, turn and cook the other side. The pieces are cooked on the under side, when drops of juice appear on the upper side. The cooking of articles of considerable thickness, as joints of chicken and thick slices of fish, is finished in the oven. The article must be basted with hot fat occasionally during the oven cooking. Fillets, tournedos and other small shapes of red meats are always finished in the frying pan and the cooking should be quickly done, otherwise even the tenderest of such meats become toughened. Clarified butter is the fat usually selected for sautés; and only a small quantity is used. Salt pork fat or olive oil is preferable for thick slices of fish, which require longer cooking.

After red meats, veal or chicken are cooked and removed from the pan, the fat is poured off, broth or wine is added to the pan and the whole is simmered a few moments to loosen the glaze from the pan. This alone or with the admixture of a previously made sauce is served with the dish. Often veal or lamb is cooked in this sauce at a gentle simmer, after having been sautéed. This cooking may be done in the oven or at the back of the range, the dish being covered meanwhile.

CLARIFIED BUTTER FOR SAUTÉING

The flavor of eggplant, small fillets of beef and many other articles is considered particularly choice if the article be cooked in butter. Butter as it is purchased contains much solid matter that causes it to burn very easily. If these solid bodies be removed, the danger of burning the resultant oil is much lessened. To prepare the butter, put it in a saucepan of good size (it is liable to foam) over a very moderate fire; remove scum as it rises, and let stand over the fire (without heat enough to color it in the least) until the melted butter looks clear and solid material has settled to the bottom of the saucepan; carefully pour the top of the liquid butter from the sediment below, through a piece of cheesecloth. This clarified butter will keep in good condition much longer than ordinary butter. Olive oil may always be used in the place of clarified butter.

FRYING

Frying is a method of cooking in which heat is communicated to the article by immersion in hot fat.

TEMPERATURE OF FAT FOR FRYING

The item of first importance in frying is the temperature of the fat. The temperature required is not always the same, but varies with the article to be cooked. However, for the most part, but two tem-

peratures are required. One is for articles previously cooked. These are usually surrounded with batter or egg and crumbs. The frying encases them in a crisp, delicately-browned crust while they are being reheated; the other temperature should be such as will *cook* the raw article *while it is being browned*, and is, obviously, a lower temperature than the first.

Smoking hot fat is often spoken of, when the proper temperature of fat for frying croquettes and other cooked substances is referred to, but fat that is really smoking is utterly spoiled for nice results in frying. The fat for frying mixtures or articles covered with egg and crumbs or batter must be hot enough to stiffen this coating the instant it comes in contact with it and the final browning must not be long delayed. Such fat will crackle when a croquette or other slightly moist object is set into it.

Fat is hot enough for frying uncooked articles when it bubbles vigorously, upon a crumb of bread being thrown into it. The crumb should brown in ninety seconds when uncooked material is to be fried and in sixty seconds if the preparation has been previously cooked.

UTENSIL FOR HOLDING THE FAT

The utensil for holding the fat during frying should be of iron or well-tinned copper, and should be made without seams. It should be rather deep, that when containing fat to two-thirds its height or

less, there may be sufficient fat to cover well anything to be fried in it. The vertical-sided, iron kettle called a "Scotch bowl" is well adapted to this purpose.

OTHER UTENSILS FOR FRYING

A wire basket of appropriate size, a long-handled fork for lifting and lowering the basket, a skimmer, soft paper for draining, and two or three tin plates for holding the fried articles, and the basket, complete the list of necessary utensils.

KINDS OF FAT FOR FRYING

That medium is best for frying which can be heated the highest without burning. The table given below settles this part of the question conclusively, but in selecting a medium for frying expense has to be considered.

Olive oil may be raised to 554° F. without burning.

Other vegetable oils may be raised to 482° or even 518° without burning.

Lard may be raised to 392° without burning.

Beef may be raised to nearly 355° .

Unclarified butter burns after 248° F.

Clarified butter burns after about 270° F.

CARE OF FAT AFTER FRYING

After using fat for frying, let it stand about five minutes to settle and cool a little. Spread a piece of

old linen or two folds of cheese cloth over a strainer in a clean receptacle and pour in the fat. Use the cloth to wipe out the frying kettle. Wash the kettle and return the fat to it. When thoroughly cold cover and set aside.

Minute particles will be left in the fat after the frying of almost any article — unless it be potatoes; these particles burn at a much lower temperature than the fat and, if they be not removed, will cause whatever is fried thereafter to take on a muddy appearance. The cleaner the fat the cleaner — both in appearance and flavor — is the article cooked in it. Also by this means is the time of the usability, or life, of the fat prolonged.

PREPARATION OF FISH FOR FRYING

Dip the fish in milk, then roll in flour, or completely cover with egg and sifted crumbs. The crumbs, flour and milk should be seasoned a little with salt and pepper. Occasionally fish is marinated in lemon juice, oil and onion juice, before coating as above. The object of thus coating fish is to make a covering to keep in the juices of the fish, which would otherwise exude into the fat and be lost, and also spoil the fat. Fish and chops thus cooked retain their flavor more perfectly than in any other way of cooking. Chops are egged and crumbed.

For Preparation of Salpicon Mixtures for Frying see Chapter VI.

BONING

Boning does not enter very largely into the preparation of entrées. A loin of veal or lamb, with flank removed, is sometimes boned and then cut into medallions. Chickens, birds, smelts and brook trout are about the only whole objects that are boned. In general the whole procedure consists in cutting and, principally, pushing the flesh from the bones. No other directions, save that the work should be done as neatly as possible, is necessary for boning a loin of meat or chops.

BONING CHICKEN AND BIRDS

Both chicken and birds for boning should be left undrawn. Cut off the ends of the wing bones and the feet, first drawing the tendons from the legs of chickens. A slit cut lengthwise in the unfeathered part of the leg will lay bare the tendons and with a skewer they can be easily drawn out, one or two at a time.

Run a pointed knife in between the end of the leg bones and the skin and flesh to loosen the latter completely from the bone as far up as possible. Cut through the skin on the back from the neck to the middle of the back. Beginning on one side, scrape the flesh with the skin from the backbone to the free end of the shoulder blade, push the flesh from this, and then follow the bone through the wing; free the flesh from the other shoulder-blade and wing in the

same way, then push the flesh from each collar-bone down to the breast-bone, separating the crop from the flesh. Separate the flesh from the ribs on one side, push the flesh from the second joint, then from the leg, pulling the flesh down over the ends of the leg bones, where it was loosened before the boning was begun. Repeat on the other side. Push the skin from the back-bone until the rump is reached; cut through the bone, leaving part of it in the rump. Separate the skin below the breast from the lining membrane and the work is completed.

BONING FOR A GALANTINE

Prepare the chicken or birds as above, but cut the skin down the entire length of the back-bone, and proceed as above, except that the skin need not be so carefully freed from the wing and leg bones, as it is only necessary to have a rectangular piece of skin.

BONING BROOK TROUT AND SMELETS

The head may be removed or not as is desired. Unless the fish are to be used as a garnish (cooked in a ring, the tail skewered through the mouth), it is best to discard the head. Slit the fish on the under side, take hold of the inner gills and empty with one motion of the hand; everything to be removed is attached to the inner gills. Then with a sharp-pointed, thin knife loosen the back-bone from the

flesh just below the head, then take hold of the bone in the left hand and gradually push the flesh from the bones with the knife in the right hand. All the bones from head to tail are attached to the back-bone and may be easily removed, all together, in less than ten seconds.

LARDING

Larding, primarily, consists in drawing lardoons (match-like pieces of fat salt pork or bacon) into meats. Lardoons are usually drawn into dry meats, to add richness to them. Fillets of beef, tournedos, sweetbreads, breast or fillets of chicken or game are among the principal articles so treated. This name is also given when strips of the yellow rind of lemon or of truffle are used in place of bacon or pork, as, larding with truffles or lemon rind is spoken of.

The best pork for the purpose is that found just under the rind, and before the first row or collection of thread-like fibers occurs. These fibers separate quite firm pork from that which is very much softer. The size of the match-like pieces should depend upon the size of the article into which they are to be drawn and the needle should correspond in size to the lardoons to be used in it. Pork lardoons should be put into ice water as soon as cut to stiffen a little. A stitch should be taken up as in sewing (running) and the thread (lardoons) cut off to project a little at both ends, then other stitches are taken parallel to the first. Two or more of these rows of lardoons

are inserted according to the size of the article into which they are drawn.

MAINTENON PREPARATION

| | |
|----------------------------|------------------------------|
| 1 onion | 1/2 teaspoonful of paprika |
| 2 tablespoonfuls of butter | White broth |
| 1 cup of white broth | Cream |
| 1/4 cup of butter | 1/4 pound of fresh mushrooms |
| 1/2 cup of flour | 2 tablespoonfuls of butter |
| 1/2 teaspoonful of salt | 2 yolks of eggs, well beaten |

Peel the onion, cover with cold water, bring to the boiling point, and let boil four minutes; drain and dry on a cloth; slice the onion and let simmer in the two tablespoonfuls of butter without taking color. When the butter is absorbed, add the cup of white broth and let simmer until the onion is tender and the broth evaporated, then press through a fine sieve. Melt the one-fourth cup of butter; in it cook the flour, salt and paprika. To the onion purée add white broth and cream, half and half, to make in all (with the purée) one cup and a third of liquid; add this to the flour and butter, and stir constantly until boiling. Have ready the mushrooms, chopped and cooked in the two tablespoonfuls of butter, until the butter is absorbed and the liquid from the mushrooms evaporated. Add the mushrooms to the onion mixture, stir until boiling, then remove to a cooler place on the range and beat in the yolks of eggs; stir without boiling until the egg is set. The mixture should be quite firm.

This preparation and the one following, D'Uxelles,

are one and the same thing, and can be used one for the other.

D'UXELLES PREPARATION

| | |
|---|-----------------------------------|
| $\frac{1}{4}$ cup of butter | $\frac{1}{2}$ cup of Sauterne |
| 1 onion, chopped fine | $\frac{1}{2}$ cup of brown sauce |
| 2 shallots, chopped fine | $\frac{1}{4}$ cup of tomato purée |
| $\frac{1}{2}$ clove of garlic, crushed | 1 teaspoonful of chopped parsley |
| 2 ounces of lean ham in bits | Salt and pepper |
| 6 ounces of fresh mushrooms, chopped | |

Carefully cook the onion in the butter to avoid burning. When nearly tender add the shallots and garlic, cook two minutes, then add the ham and mushrooms (omit the ham when the preparation is to be used for fish) and stir and cook until the moisture from the mushrooms is evaporated; add the wine and reduce one-fourth; remove the garlic; add the brown and tomato sauces, the chopped parsley, and salt and pepper as needed. When finished, the preparation should be quite consistent.

PANADA

Panada is a flour — often a bread — preparation used to give consistence to forcemeat. Panada is not used in all forcemeats. It is not used in mousse-line forcemeat, which is very delicate.

BREAD PANADA, NO. 1

For panada, select bread that has been baked about twenty-four hours. Only the crumb of the

bread is used. The bread is softened (and often flavored) in broth, stock, milk or cream. When stock or milk is plentiful, the crumb pressed through a colander may be put at once into the liquid, and, when well softened, be put to cook over the fire. Stir continuously while the preparation cooks to a smooth thick paste. Remove from the fire, and beat in one or more eggs. If the preparation is to be kept white for use in a white dish, add only whites of eggs. At least a full cup of bread and more than one cup of milk are needed, to make half a cup of panada. One beaten egg is usually added to each cup of panada while hot.

BREAD PANADA, NO. 2

Soak white bread, free from crust, in cold water to cover, until well softened. Then turn into a napkin, and press out the water. Add to the bread milk or white stock, and cook and stir until a paste is formed that clings together and leaves the sides of the pan. Cook a few moments, then beat in one egg.

FLOUR PANADA

Melt two tablespoonfuls of butter in half a cup of boiling water or stock, and stir in half a cup of sifted flour. Continue stirring, until the mixture leaves the sides of the pan. Remove from the fire, and beat in one raw egg.

FORCEMEAT

Raw chicken, veal, game, fish, etc., scraped and pounded to a pulp with raw eggs, sifted and mixed with cream or other fat, and sometimes with sauce or panada, is called forcemeat. The most delicate of all entrées are made with forcemeat. A forcemeat without panada is the most delicate, then comes forcemeat made with flour panada, and the firmest forcemeat of all is that made with a bread panada. The chicken, fish, etc., used as the foundation of forcemeat, and which gives the name to the dish, should be very fresh. This is true of all articles cooked by other means than roasting and broiling. Force meat in which panada is used is sometimes called quenelle forcemeat, and varieties in which there is no panada mousseline forcemeat; still, while the first is perhaps better adapted for quenelles, which are often cooked without molds, either variety may be used in any dish where forcemeat is called for. We give here two general recipes for forcemeat; either one may be used in recipes where different preparations are suggested. Other articles than chicken may be used provided the weight of the sifted pulp remains the same. By varying the proportions of the ingredients great diversity of texture is secured.

CHICKEN FORCEMEAT, WITH PANADA AND BUTTER

Use white meat only; scrape the pulp from the tendons and fibers; there should be one pound of

pulp. Pound the pulp, add half a pound of panada, a teaspoonful of salt and half a teaspoonful of pepper and pound again; then add half a pound of butter and continue the pounding until the whole mass is smooth. Add two whole eggs and four yolks, one at a time, pounding in each egg thoroughly before the addition of the next. When all the eggs are added and the mixture is smooth press it through a sieve. A gravy strainer set in part of a double-boiler answers nicely. Have ready a saucepan of boiling water; roll a bit of the forcemeat into a ball and drop in the water; remove to a place where the water will remain just below the boiling point for six or eight minutes. If the forcemeat be too soft beat in the white of another egg; if it be tough or too firm add a little softened (not melted) butter, beating it in thoroughly.

CHICKEN MOUSSELINE FORCEMEAT

| | |
|---------------------------------|-----------------------------|
| 1 pound of chicken pulp | 1 teaspoonful of salt |
| 2 whites of eggs (unbeaten) | ½ teaspoonful of pepper |
| ¼ teaspoonful of mace or nutmeg | 2 cups of thick sweet cream |

Sift the mixture after the meat and whites of eggs with seasonings have been pounded together smoothly, then gradually beat in the cream.

FRITTER BATTER FOR EGGPLANT, CAULI- FLOWER, BANANAS, ETC.

Beat an egg without separating the white and yolk. Add half a cup of milk, and stir gradually into three-

fourths a cup of flour, sifted again with one-fourth a teaspoonful of salt. Let stand an hour or more before using.

FRITTER BATTER FOR SWEDISH TIMBALE CASES

| | |
|---------------------------|-----------------------------------|
| 2 yolks of eggs | $\frac{3}{4}$ cup of pastry flour |
| $\frac{1}{2}$ cup of milk | $\frac{1}{2}$ teaspoonful of salt |

Beat the yolks; add the milk and gradually stir into the flour and salt sifted together. Let stand an hour or more before using. The cases should be thin and crisp. Articles in cream, Bechamel or Hollandaise sauce and articles cooked Newburg style are served in Swedish timbale cases.

REMARKS ON FRYING SWEDISH TIMBALE CASES

If thick and soft add more milk. To fry the cases have fat deep enough to cover the iron form. Let the iron heat with the fat; that is, put the iron in the fat as soon as fat is melted and let the two heat together. Drain the iron and dip it into the batter to a little more than half its height, dip the iron at once into the fat, covering the whole cup; this prevents the batter from spreading away from the iron cup at the top. Avoid dipping the iron twice into the batter (for one case) as it makes the case too thick. The cases are done when crisp and delicately colored.

A pretty finish to the cases may be made by dipping the edge into white of egg, beaten slightly

and strained, and then into fine-chopped parsley or pistachio nuts. This should be done after the cases are reheated, shortly before serving them.

CHOU PASTE FOR PUFF CASES

Put one-fourth a cup (two ounces) of butter and half a cup of boiling water over a quick fire. As soon as the mixture boils sift in half a cup of sifted flour; stir constantly until the mixture forms a smooth paste; remove from the fire and turn into a bowl; break in an egg, beat until smooth (use a perforated wooden spoon); break in a second egg and again beat until smooth. Turn the mixture into a pastry bag with star tube attached and shape into oblong or round cases. Bake twenty-five minutes with good heat at the bottom of the oven.

The paste for oblong cases should be nearly three inches in length. The recipe will make eight cases.

BRIOCHE FOR VOL-AU-VENT CASE

| | |
|-----------------------------|-----------------------------------|
| 2 cakes of compressed yeast | $\frac{1}{2}$ cup of scalded milk |
| $\frac{1}{2}$ cup of water | $\frac{2}{3}$ cup of butter |
| 3 whole eggs | $4\frac{2}{3}$ cups of flour |
| 4 yolks of eggs | |

Mix the yeast cakes through the water, and stir in enough of the flour to make a dough and knead until a smooth ball is formed. Make two gashes in the top of the ball at right angles to each other. Set the ball in a small saucepan containing the half cup of scalded milk cooled to a lukewarm temperature.

Let stand until light and puffy. When the ball of yeast is light, add this and the milk to the other ingredients and beat with the hand until smooth. Let stand in a temperature of about 68° six hours, when the mixture should be light. Set aside in a refrigerator over night to become thoroughly chilled. Next day, turn on to a floured board and roll to a rectangular strip one-fourth an inch thick. Spread the paste with soft butter and fold to make three even layers. Cut out with a vol-au-vent cutter dipped in hot water. Score one inch from the edge through two layers of paste. Set the shape in a tin spread with paper. Cover and let stand to become light. Bake about twenty-five minutes.

BABA FOR VOL-AU-VENT CASE

| | |
|----------------------------|----------------------------------|
| 1 cake of compressed yeast | 10 ounces (1 1/4 cups) of butter |
| 1/2 cup of lukewarm water | 1/4 teaspoonful of salt |
| 1 pound of flour | 8 eggs |

Soften the yeast in the water and stir in enough of the flour to make a dough that can be kneaded. Knead the little ball of dough until it is elastic and put it into a small saucepan of lukewarm water. Meanwhile add the butter (softened but not melted), the salt and three of the eggs to the rest of the flour and beat with the hand until all are evenly blended. Then add five eggs, one after another, beating in each egg thoroughly before the next is added.

When the ball of dough rises to the top of the water and is very light and porous, remove it from the water with a skimmer, and beat it into the egg paste. Have ready one large or two smaller molds, oval or round, and fluted or stamped with a pattern, thoroughly buttered. Pour in the mixture to three-fourths the height of the mold or molds. Let stand until the molds are nearly filled; bake from half to three-fourths of an hour. Turn from the mold and cut out the center to leave a hollow shell. Use as a case for a salpicon mixture, sweetbreads in slices, quenelles, chicken, etc., mixed with a rich sauce. A cover may be formed of the piece cut out.

PASTE

Weigh out half a pound (one cup) of butter and half a pound (two cups) of pastry flour. Put two tablespoonfuls of the flour into a dredger for use when rolling the paste. Add one-fourth a teaspoonful of salt to the rest of the flour. Rinse an earthen bowl and a wooden spoon, or the hands, in hot water, then in cold, letting cold water, changed once or twice, stand in the bowl some time, or until the bowl is chilled. Then refill the bowl with cold water, and in it work the butter, with the hand or spoon, until it is pliable and waxy throughout. Then pat it into a thin rectangular cake.

Take off about two tablespoonfuls of the butter, and set the rest aside in a cool place until ready to use.

With the tips of the fingers or a knife work the

two tablespoonfuls of butter into the flour and salt. Then gradually add cold water, and mix the whole to a paste. About three-fourths a cup of water will be needed. The paste should be of such a consistency that it does not stick when kneaded.

Dredge a magic cover (used on board and pin) lightly with flour and work it in thoroughly. Then knead the little ball of dough until it is elastic. Cover it with the mixing-bowl, and let "rest" five minutes. Then pat it with the rolling-pin and roll into a rectangular sheet.

Have the sheet of paste a little more than twice the width and three times the length of the cake of butter.

Set the butter in the middle of one-half the paste, the greatest length of the butter over the greatest length of the paste. Then turn the paste lengthwise over the butter, thus folding the paste in the center, lengthwise, and enclosing the butter. Press the three open edges of paste together, to include the air. Then fold one end of the paste over and the other under the butter. There will now be three layers of paste over and three under the layer of butter. Press the edges of paste together firmly.

Now turn the paste around, in order to roll the sheet of paste in a direction opposite to the first rolling. Let "rest" about five minutes. Then pat gently with the pin, to press the paste together in ridges and break up the enclosed air into smaller bubbles. Roll the paste into a long strip, taking pains

to roll the butter between the layers of paste and without letting the paste break through to the butter. Keep the edges even. Fold the paste, to make three even layers, with edges perfectly straight. Then turn the paste half-way around, so as to roll in the opposite direction. Let "rest" a few minutes. Then pat and roll into a sheet as before. Fold to make three layers. Turn half-way around. Pat and roll out as before.

Continue folding, turning, and rolling until the paste has been rolled out six times. Begin counting with the first rolling after the butter has been added. When rolling the sixth time, shape the paste for the article or articles to be cut from it.

SHAPING PATTIES

If the paste is to be used for patties, roll it into a rectangular piece of such size as will give twelve rounds and no more, two on the ends and six on the sides. Dip the patty-cutter in hot water each time before cutting down into the paste. This will insure a clean cut. When convenient, it is best to have the paste thoroughly chilled before it is rolled out for the last time. Then, when cut, it is firm and easily handled. Dip the small or reverse end of the patty-cutter in hot water, and cut out centers from half the rounds of paste. With a brush dipped in cold water wet the edges of the six rounds, and place the rings or rounds from which centers have been taken above them. Then with a spatula set the cases on a



SHAPING PUFF - PASTE PATTIES. — *Page 44.*



PATTIES READY TO SERVE. — *Page 45.*



SQUABS, TRUSSSED AND LARDED FOR COOKING.—*Page 33.*



PUFF - PASTE VOL-AU-VENT.—*Page 42.*



BACON ROLLS READY TO FRY FOR A GARNISH. LARDOONS OF PORK FOR LARDING.—*Page 33.*

baking-tin covered with two or three folds of paper. Let chill on ice half an hour. Then bake about twenty-five minutes. Let the oven be very hot on the bottom when the patties are put into it. Then, as soon as they have risen to their full height, cover them with paper, push a baking-sheet beneath them, and reduce the heat.

FILLING PATTIES

When ready to fill, with a thin, sharp-pointed knife cut out the center to the depth of one-fourth an inch, and remove uncooked paste, if there be any. When filled, the paste, cut from the rounds when the rings were shaped and baked on a separate sheet, may be used as covers. Reheat the patties before filling.

SHAPING A VOL-AU-VENT

If the paste is to be used for a vol-au-vent, roll it into a sheet large enough to cut three pieces of the size desired. Use one piece for a bottom, one for a ring (piece from which center is cut) and one for a cover. Decorate the cover with small figures cut from the paste. Two rings may replace the ring and cover.

WHIPPING CREAM

Cream for whipping should be taken from milk that has been standing twenty-four hours in a cool

place. Such cream, free from milk, can usually be beaten solid, or so that it "will stand alone," in much less than ten minutes. Most housekeepers have some particular utensil that they prefer to use for whipping cream. A silver fork or any variety of beater will do, but for quick work nothing can excel Dunlap's silver blade cream and egg whipper. This utensil eliminates spattering. When this is not at hand, a Dover egg beater, made without cog wheels where the wheel meets the handle, is unsurpassed.

The bowl holding the cream should be of such size that the beater in turning does not strike against its sides. The beater should be held lightly in the bowl and should beat the cream, not the bowl. If the cream flies from the bowl cut out a round of paper large enough to come out several inches beyond the top of the bowl, cut out the center to allow the beater to emerge, and spread this closely over the top of the bowl. Do not beat too long or the cream will be changed to butter. Half beaten cream is less dry and gives better tasting dishes than cream beaten firm.

HOW TO USE PASTRY BAG AND TUBE

Chou paste cases can be given a regular and uniform shape when fashioned with a pastry bag and tube. These appliances are also serviceable in ornamenting planked dishes with mashed potato, making rosettes for garnishing a dish of fish, or in disposing purées of green peas, Lima beans or chestnuts around

fillets or noisettes of meat, etc. To use the bag drop the tube in place, turn back the upper edges of the bag lest they be smeared with the mixture, put in the preparation and twist the upper part of the bag to enclose it and press it down through the tube. Guide the tube with the left hand and force out the mixture with the right hand, by twisting the bag and using pressure upon it. Meanwhile hold the bag vertically, horizontally or at an angle between the two, according to the nature of the design to be expressed.

BLANCHING VEGETABLES

Many vegetables, especially such as have a strong flavor, are made more delicate if they be cooked a few moments to draw out a little of the flavor, then drained, cooled in cold water, drained again and set to cook in a fresh supply of water. This process is called blanching. By this process rice may be cleaned more effectually than in any other way. The first boiling should not exceed five minutes, the vegetable should be set to cook in plenty of cold water, which should be brought quickly to the boiling point. Rice should be stirred with a fork to keep it from adhering to the bottom of the dish.

BLANCHING SWEETBREADS

As soon as received set sweetbreads to soak in cold, running water, or if this be inconvenient, change the

water often. Set over the fire in plenty of cold water, heat the water very gradually to the boiling point, then let simmer about twenty minutes for veal sweetbreads and from five to ten minutes for lambs' sweetbreads, drain, let stand in cold water until cold; remove unedible portions but keep the sweetbreads whole. Sweetbreads are always blanched before preparing them by any of the recipes given in this book.

CHAPTER III

SAUCES

A SAUCE is needed to give the finishing touch to most entrées, and, without doubt, it is the sauce that makes or mars the dish. A perfect sauce is a marvel of smoothness, glossiness and flavor, but the perfect sauce is not an every-day attainment.

There are few sauces in which flavor is not largely secured by the use of rich, concentrated meat or fish broths. These broths are made consistent by means of starch cooked in butter. The name *roux* is given to starch thus cooked. Brown, blond and white roux are mentioned by some chefs, others make no distinction between the blond and white mixtures, the perceptible difference being too slight to be given much attention, as in blond roux the cooking is arrested before the flour has changed color in the least. The starch in a blond roux is more thoroughly cooked than it is in the white mixture.

We usually consider that all sauces thickened with roux may be classed under either one or the other of the two grand or "mother" sauces: brown or Espagnole sauce, made of brown stock and thickened with brown roux, and velouté sauce, made of veal

broth and thickened with blond or white roux. Having on hand these foundation sauces, as a base, other ingredients may be added to secure such variety of sauce as is desired. This procedure is common in large households where much fine cooking is done. These sauces may be kept about a week in winter, but in summer scalding is necessary as often as every other day.

In small families these sauces are not often kept on hand, but the variety of sauce desired is made quickly, without waiting for the sauce to despumate, or become cleared. This despumation, however, is just what is needed to render a sauce wholesome, and to give it the smoothness and glossiness inseparable to a fine sauce. A really choice brown sauce calls for six or eight hours of cooking. The sauce need not be completed in one day; it may be cooked two or three hours and then set aside until another day. Stock must be added once or twice to make up for that lost by evaporation, for this prolonged cooking is carried on simply to clarify the sauce. By pushing a bit of iron under one side of the saucepan so that boiling is confined to one spot, a separation takes place and the cooked butter and other inert bodies that detract from the clearness of the sauce are thrown up on the surface and can be skimmed off.

The basis of these mother sauces is roux, made of flour cooked in butter. Starch is the only compound in the flour that is needed in a sauce, and it is claimed by Escoffier, Favre and other French chefs of

authority derived from long practical experience that, if starch in a purer form were used, the making of a fine sauce could be compassed in one hour. If nothing but pure starch were used, but half the bulk now taken would be needed and the quantity of butter could be cut down accordingly.

TEMPERATURE OF ROUX AND BROTH WHEN COMBINED

Both on account of flavor and of ease in preparation either the roux or the liquid should be comparatively cold before being combined. If the roux be just finished and hot, pour on part of the liquid cold, stir and cook until smooth, then the rest of the liquid may be hot when added.

FAT EMULSIONS AS SAUCES

Sauces are used to add richness to dishes deficient in this quality and there are a few choice sauces made of butter or oil emulsified by means of egg yolks with a little acid and sometimes broth, cream or water. The sauces made with oil are usually cold sauces such as mayonnaise or variations of this sauce. The sauces made of butter are cooked at a low temperature, on account of the nature of both egg yolks and butter. The cooking is carried out over water just below the boiling point and the saucepan containing the mixture must be lifted often during the cooking. Too long cooking or neglect during the cooking will cause a separation

which entirely ruins the appearance of the sauce. All sauces of this class must be served as soon as completed (or be served cold); thus they must not be cooked until after the dishing of the article with which they are to be served. It may be needless to add that the water should be made hot and all preliminary preparations be completed before the actual cooking of the sauce is begun.

BROWN ROUX

For half a pound, take half a cup of clarified butter (see Chapter II) and one cup and a fourth of pastry flour. Melt the butter, add the flour, and let cook on a slow fire, stirring often, until the mixture attains a rich but light mahogany color. It is very important that the cooking be conducted slowly, and the stirring be repeated at very short intervals. If the mixture becomes burned in the least, it can not be used. This will thicken two quarts of stock.

BROWN ROUX FOR 1 PINT OF SAUCE

| | |
|-----------------------------|---------------------------|
| $\frac{1}{4}$ cup of butter | 5 tablespoonfuls of flour |
|-----------------------------|---------------------------|

Prepare as above.

WHITE ROUX FOR 1 PINT OF SAUCE

| | |
|-------------------------------|------------------------------|
| $\frac{1}{4}$ a cup of butter | $\frac{1}{4}$ a cup of flour |
|-------------------------------|------------------------------|

Melt the butter, add the flour and stir until well blended and bubbling throughout. Blond roux is the same as white except that the cooking of the

flour is continued ten or fifteen minutes; the color of the flour is changed slightly, if at all.

BROWN OR ESPAGNOLE SAUCE, NO. 1

| | |
|---------------------------------------|---|
| $\frac{1}{2}$ cup of clarified butter | 3 pints of brown stock (beef) |
| 1 $\frac{1}{4}$ cups of pastry flour | 1 pint of tomato purée |
| 2 teaspoonfuls of salt | $\frac{1}{2}$ cup of dried mushrooms soaked |
| 2 teaspoonfuls of pepper | in cold water to cover |

Prepare a brown roux of the first four ingredients, adding the seasonings with the flour. Add the cold stock and stir constantly until the sauce boils throughout, then dispose on the stove to boil at one point and let cook in this manner for about six hours (see preliminary directions). When rather more than half cooked, add a pint of brown stock to make up for that lost in evaporation. After another hour, add the tomato and mushrooms and continue the cooking in a clean saucepan. When done there should be two quarts of sauce. Strain through cheese-cloth or a very fine sieve. This may be kept two or three days. Pour a little brown stock over the top of the sauce to keep it from forming a crust.

BROWN OR ESPAGNOLE SAUCE QUICKLY MADE, NO. 2

| | |
|-------------------------------------|---|
| $\frac{1}{4}$ cup of butter | 1 $\frac{1}{2}$ cups of standard beef broth |
| 5 tablespoonfuls of flour | $\frac{1}{2}$ cup of tomato purée |
| $\frac{1}{2}$ teaspoonful of salt | $\frac{1}{4}$ cup of dried mushrooms |
| $\frac{1}{2}$ teaspoonful of pepper | |

Scant the measure of mushrooms; let soak for some time in cold water to cover; add water and

mushrooms to a cup or more of cooked or raw tomatoes, and let simmer ten or fifteen minutes; strain and reserve half a cup for the sauce. Make a brown roux of the first four ingredients; add the broth and purée and stir until boiling.

HALF - GLAZE SAUCE

| | |
|----------------------------------|----------------------------------|
| 1 quart of brown sauce (1) | broth, beef) |
| 1 quart of brown stock (standard | $\frac{1}{3}$ cup of sherry wine |

Let the sauce and stock simmer in an open saucepan until reduced to a scant quart; remove from the fire and stir in the wine. Occasionally additional butter, in little bits, or cream, is beaten into the hot sauce. This sauce is particularly good with vegetables.

VELOUTÉ SAUCE, NO. 1

| | |
|---------------------------------------|-----------------------------------|
| $\frac{1}{2}$ cup of clarified butter | 2 teaspoonfuls of pepper |
| 1 cup of pastry flour | 2 quarts of veal stock or chicken |
| 2 teaspoonfuls of salt | broth |

Melt the butter, add the flour, salt and pepper, and stir and cook about ten minutes, without allowing the flour to brown (blond roux), then stir in the broth. Continue stirring until the sauce is smooth and boiling, then move to a cooler part of the range and dispose in such a manner that boiling will be confined to one point. Let cook for an hour or longer, skimming as needed. Fish velouté is the

same as the above, except that the stock or broth is made of fish.

ONE PINT OF ORDINARY WHITE OR CREAM SAUCE

| | |
|---------------------------------------|-------------------------------------|
| $\frac{1}{4}$ cup of clarified butter | $\frac{1}{2}$ teaspoonful of pepper |
| $\frac{1}{4}$ cup of pastry flour | 1 pint of milk |
| $\frac{1}{2}$ teaspoonful of salt | |

Prepare a white roux of the first four ingredients; add the milk and stir until smooth and boiling throughout.

SAUCES DERIVED FROM THE MOTHER SAUCES

BROWN SAUCE DERIVATIVES

POIVRADE SAUCE, NO. 1

Cut an ounce of fat salt pork or bacon, two slices of onion, and a piece of carrot into tiny bits. Put these into a saucepan with one-fourth a bay leaf, a dozen peppercorns, and a sprig of parsley. Let cook until lightly browned. Then drain off the fat and add one-fourth a cup of vinegar, and let stand until reduced one-half. In the meanwhile make a cup and a half of brown sauce. Add the vinegar and vegetables, and let boil up once. For Tournedos of Beef, Modern, strain over half a cup of cooked sultana raisins and three or four tablespoonfuls, each, of currant jelly and Madeira wine.

POIVRADE SAUCE, NO. 2

| | | |
|--|---|--|
| $\frac{1}{2}$ small onion | } | 3 cloves |
| $\frac{1}{2}$ small carrot or 1 spring carrot | | 6 peppercorns crushed $\frac{1}{4}$ cup of tarragon vinegar |
| 2 tablespoonfuls of butter (clarified) | | $\frac{1}{2}$ cup of veal broth or consommé |
| 1 tablespoonful of fine-chopped raw ham | | $\frac{1}{2}$ cup of half-glaze |
| $\frac{1}{4}$ teaspoonful of marjoram | | $\frac{1}{4}$ teaspoonful of cayenne or |
| $\frac{1}{4}$ teaspoonful of thyme | | $\frac{1}{2}$ teaspoonful of paprika |
| | | Salt as needed |

Cook the onion and carrot in the butter until a golden brown; add the ham and seasonings and cook a few minutes longer; add the vinegar and broth and let reduce one half; then add the half-glaze and seasonings; let simmer four or five minutes — not longer — then strain.

HOT ORANGE SAUCE

| | |
|----------------------------------|--------------------------------------|
| Peel of 1 orange | Juice of 1 lemon |
| $\frac{1}{2}$ cup of beef juice | $\frac{1}{4}$ teaspoonful of salt |
| $\frac{3}{4}$ cup of brown sauce | $\frac{1}{4}$ teaspoonful of cayenne |
| Juice of 2 oranges | |

Cut the peel into small julienne shreds and cover with boiling water; cook five minutes, then drain. To the blanched peel add the other ingredients and stir until hot, then serve. The brown sauce is the usual sauce made with a brown roux and brown stock. Serve with lamb croquettes, noisettes, chops, etc.

BIGARADE SAUCE

Cook the trimmings of a duck (giblets, etc.; the carcass of a cooked duck may be added to advantage) in a pint of veal broth with part of a "soup bag." Strain and skim off the fat, and put in a saucepan with the juice of two sour oranges, a teaspoonful of sugar, a dash of red pepper, and a cup of Espagnole sauce. Let simmer slowly, removing the fat as it rises, until all has been removed and the sauce is of good consistency, then add the rind of two oranges, cut in fine shreds, and it is ready to serve.

SAUCE JARDINIÈRE

A brown sauce to which peas or asparagus tips and bits of carrot, onion, celery and string beans are added. The vegetables that are cut are usually made of the same size and shape. Add one cup of vegetables to one pint of sauce.

PERIGUEUX SAUCE

| | |
|-----------------------------|---|
| $\frac{1}{4}$ cup of butter | $\frac{1}{3}$ cup of thick tomato purée |
| 2 slices of onion | $\frac{1}{2}$ teaspoonful of salt |
| 2 slices of carrot | $\frac{1}{2}$ teaspoonful of paprika |
| $\frac{1}{3}$ cup of flour | $\frac{1}{4}$ cup of white wine |
| 2 cups of consommé | $\frac{1}{4}$ cup of truffles, chopped |

Melt the butter; in it cook the vegetables until lightly browned; add the flour and continue to stir and cook until brown; add the consommé and tomato and seasonings, stir until boiling, then strain over the truffles and wine.

A GOOD SAUCE FOR BAKED OR POACHED FILLETS OF FISH

| | |
|---|---|
| 1 cup of brown sauce | $\frac{1}{4}$ bay leaf |
| $\frac{1}{2}$ cup of stewed tomatoes | 1 teaspoonful of anchovy essence |
| 1 or 2 fresh mushrooms or dried mushrooms soaked in water, chopped fine | 1 chilli pepper chopped fine $\frac{1}{2}$ slice of onion chopped fine |

Let all simmer together fifteen minutes, then strain; add a tablespoonful of cold water, let boil once and serve.

BROWN TOMATO SAUCE, NO. 1

| | |
|----------------------------|-------------------------------------|
| 3 tablespoonfuls of butter | 4 tablespoonfuls of flour |
| 1 teaspoonful of onion | $\frac{1}{2}$ teaspoonful of salt |
| 1 tablespoonful of carrot | $\frac{1}{2}$ teaspoonful of pepper |
| 1 branch of parsley | 1 cup of tomato purée |
| Small piece of bay leaf | $\frac{1}{2}$ cup of brown stock |

Prepare as Brown Sauce (No. 2), first browning the vegetables and herbs in the butter.

BROWN TOMATO SAUCE, NO. 2

To one cup of well-reduced Brown Sauce (No. 1) add a cup of well-reduced tomato purée.

BROWN MUSHROOM SAUCE

To one pint of hot brown sauce add one cup of button mushrooms, cut in halves lengthwise. Let the mushrooms become hot without boiling the sauce. A tablespoonful or two of the liquid from the can may be added to the sauce.

BLOND MUSHROOM SAUCE

Prepare a pint of sauce with blond roux and a pint of golden veal broth. Add a cup of button mushrooms, cut in halves lengthwise, and reheat without boiling the sauce.

WHITE MUSHROOM SAUCE

Use white roux and white stock, chicken or veal, otherwise same as above.

BROWN MUSHROOM SAUCE WITH FRESH MUSHROOMS

Peel mushroom caps, break them in pieces, and sauté in one or two tablespoonfuls of butter until the moisture evaporates; add brown stock to cover and let simmer about twenty minutes. Add to a pint of brown sauce and let cook very gently five or six minutes.

BROWN CURRANT JELLY SAUCE, NO. 1

| | |
|----------------------------|----------------------------------|
| 1 slice of onion | 3 tablespoonfuls of flour |
| 2 slices of carrot | 1 cup of brown stock |
| 6 peppercorns | Salt and pepper |
| 1/4 bay leaf | 1/4 cup of currant jelly |
| 1 sprig of parsley | 2 tablespoonfuls of Madeira wine |
| 2 tablespoonfuls of butter | |

Brown the first five ingredients in the butter; add the flour and brown; then add the stock and stir till boiling; add the jelly and wine; beat thoroughly and strain.

BROWN CURRANT JELLY SAUCE, NO. 2

To one cup of hot Espagnole Sauce (No. 1) add one-fourth a cup of currant jelly and two tablespoonfuls of Madeira wine; stir over the fire to melt the jelly, strain and it is ready to use.

D'UXELLES SAUCE

| | |
|--|--|
| 1 cup of D'Uxelles preparation (See Chapter II) | 1 pint of brown sauce (No. 1) 1 cup of veal stock |
|--|--|

Mix the D'Uxelles preparation with the brown sauce and veal stock and let simmer till of the proper consistency.

ITALIAN SAUCE

To D'Uxelles sauce made as above add half a cup of tomato sauce.

CHATEAUBRIAND SAUCE

| | |
|--|--|
| 1 tablespoonful of chopped shallots | $\frac{1}{2}$ cup of white wine |
| 1 bit of bay leaf | 1 cup of veal broth |
| 1 sprig of thyme | $\frac{1}{2}$ cup of maître d'hôtel butter |
| 2 tablespoonfuls of mushroom peelings | $\frac{1}{4}$ teaspoonful of chopped tar- ragon |

Add the first four articles to the wine and let stand over the fire until the wine is nearly dissipated; add the broth and let stand to reduce nearly one-half. Strain through a cloth. Gradually beat this

into the maître d'hôtel butter and add the tarragon. Serve on broiled fillets of beef or lamb.

MAÎTRE D'HÔTEL BUTTER

(For grilled meats, chicken or fish)

| | |
|------------------------------------|--|
| $\frac{1}{2}$ cup of butter | $\frac{1}{2}$ teaspoonful of pepper |
| 1 tablespoonful of chopped parsley | $1\frac{1}{2}$ tablespoonfuls of lemon juice |
| 1 teaspoonful of salt | |

Cream the butter, beat in the parsley and seasonings and, finally, beat in the lemon juice very slowly. Spread over the article to be dressed. The heat of the article should melt the butter.

SAUCE BORDELAISE

(For grilled meats)

| | |
|--|--|
| 2 tablespoonfuls of fine-chopped onion | 1 cup of half-glaze |
| 1 cup of red wine | 2 tablespoonfuls of glaze |
| $\frac{1}{4}$ bay leaf | $\frac{1}{2}$ teaspoonful of lemon juice |
| 1 bit of thyme | 4 ounces of beef marrow |

Set the onion, wine, bay leaf and thyme over the fire; when reduced to one-fourth the quantity, add the half-glaze and let despumate half an hour and strain through a cloth. Reheat and finish with the glaze, lemon juice and marrow. To prepare the marrow, cut it into slices and let poach three or four minutes in slightly salted water just on the point of boiling.

SALMIS SAUCE

| | |
|-----------------------------|--|
| $\frac{1}{2}$ small carrot | $\frac{1}{2}$ tablespoonful of Madeira |
| $\frac{1}{2}$ small onion | Bones of a bird |
| 1 stalk of celery | $\frac{1}{2}$ cup of white wine |
| 1 tablespoonful of lean ham | $\frac{1}{2}$ cup of half-glaze |
| 1 sprig of thyme | $\frac{1}{2}$ cup of game stock or mush- |
| $\frac{1}{4}$ bay leaf | room liquor |
| 3 tablespoonfuls of butter | |

Chop the vegetables fine; add the ham, thyme and bay leaf and let cook in the butter; add the wine and bones and let simmer until the liquid is reduced one-third; add the half-glaze and let simmer half an hour. Press the whole in a strainer to extract all the juice; add the stock or mushroom liquor, and let despumate for an hour. Thin as needed with stock or mushroom liquor.

CHASSEUR SAUCE

| | |
|--|-----------------------------------|
| 3 fresh mushrooms | $\frac{1}{2}$ cup of half-glaze |
| 2 tablespoonfuls of butter | $\frac{1}{4}$ cup of tomato purée |
| $\frac{1}{2}$ teaspoonful of chopped onion | 1 teaspoonful of chopped parsley |
| $\frac{1}{2}$ cup of white wine | |

Chop the mushrooms and cook in the butter until browned; add the onion and let cook a minute. Skim out the vegetables from the butter, and add to them the wine and let evaporate one half; add the half-glaze and purée and when hot add the parsley and serve.

DERIVATIVES OF VELOUTÉ AND WHITE SAUCES**BECHAMEL**

Same as Velouté except that part of the liquid is cream or rich milk. Fish Bechamel and Fish Velouté are made with fish broth.

SAUCE SUPREME

This sauce is made of white roux and rich chicken broth in the usual proportions. After despumation butter or cream, one or both, are beaten into the sauce. Chopped or sliced mushrooms or truffles are often added.

SAUCE ALLEMAND

White roux and veal broth are used in the usual proportions. The sauce is finished with yolks of eggs (one to three yolks to each pint) and cream, and is flavored with nutmeg and lemon juice.

MORNAY SAUCE

To a pint of hot Bechamel sauce made with fish stock beat in two ounces, each, of Gruyère and Parmesan cheese. Let the sauce remain over the fire until the cheese is melted, then remove and gradually beat in, in bits, one-fourth a cup of butter. The addition of the cheese is the feature of the sauce and, when the sauce is to be used with other articles than

fish — this does not often occur — any white stock may be used.

PAPRIKA SAUCE

| | |
|-----------------------------------|---|
| $\frac{1}{4}$ cup of butter | $\frac{3}{4}$ cup of veal or fish stock |
| 1 slice of onion | 1 cup of tomato purée |
| 1 sprig of parsley | 1 teaspoonful of paprika |
| $\frac{1}{4}$ cup of flour | $\frac{1}{2}$ cup of hot cream |
| $\frac{1}{2}$ teaspoonful of salt | |

Prepare a white or blond roux in the usual manner, seasoning highly with paprika, then finish as usual.

CARDINAL SAUCE

Fish velouté sauce, finished with lobster butter and flavored with tarragon vinegar or lemon juice. To a pint of sauce add one-fourth to one-third a cup of the butter and from a teaspoonful to a tablespoonful of the acid. Essence of anchovies is sometimes added to the sauce.

LOBSTER BUTTER

Pound the coral of a cooked lobster with one-third a cup of butter; press through a sieve and set aside in a cool place until ready to use. The butter should be used the day on which it is made, or the next day at latest. Sometimes the coral can be sifted or grated, and worked into the creamed butter with a wooden spoon and then the whole sifted again. Add to drawn butter or other sauce as designated.

AURORA SAUCE FOR FISH MOUSSE, ETC.

| | |
|-----------------------------------|--------------------------------------|
| $\frac{1}{4}$ cup of butter | $\frac{1}{2}$ cup of cream |
| $\frac{1}{4}$ cup of flour | $\frac{1}{2}$ cup of tomato purée |
| $\frac{1}{2}$ teaspoonful of salt | 1 tablespoonful of lemon juice |
| 1 cup of fish stock | $\frac{1}{2}$ teaspoonful of paprika |

Prepare a white roux; add the fish stock and cream and let boil; finish with the purée and lemon juice. The purée should be hot. Do not boil after the purée has been added.

CHEESE SAUCE

Make a cup of white or tomato sauce with two tablespoonfuls, each, of butter and flour, one-fourth a teaspoonful, each, of salt and pepper and one cup of milk or tomato purée, then stir in from one-half to a whole cup of grated cheese with salt and pepper as needed.

CHAUDFROID SAUCE

| | | |
|---|----|---|
| $\frac{1}{2}$ cup of cold water or clarified broth | or | |
| $\frac{1}{2}$ box or 1 ounce of gelatine | | 1 cup of sauce and 1 cup of tomato purée, or |
| 1 pint of sauce (brown or velouté) | | 1 pint of tomato purée |

Soften the gelatine in the cold water, and dissolve in the hot sauce. Let partially cool; use when it is just on the point of "setting." For a bright red sauce, use all tomato purée as the liquid. For a yellow sauce, use white or velouté sauce and beat in the yolks of two or three eggs. Do not boil after the eggs are added.

DRAWN BUTTER SAUCE

| | |
|-----------------------------------|-------------------------------------|
| $\frac{1}{4}$ cup of butter | $\frac{1}{2}$ teaspoonful of pepper |
| $\frac{1}{4}$ cup of flour | 2 cups of cold water |
| $\frac{1}{2}$ teaspoonful of salt | $\frac{1}{4}$ cup of butter |

Make a white roux with the first four ingredients; stir in the water and cook, stirring constantly until boiling; let boil about five minutes, add a few drops of lemon juice and beat in the last measure of butter a little at a time.

SOUBISE SAUCE

| | |
|-----------------------------|--------------------------------|
| 6 peeled white onions | 2 cups of thick Bechamel Sauce |
| $\frac{1}{2}$ cup of butter | Salt and paprika as needed |

Slice and parboil the onions, drain and press out all of the water; put them in a saucepan with the butter, cover close and let cook over a moderate fire without browning. When tender add the sauce and press through a sieve. Reheat. Season with salt and pepper.

PARSLEY SAUCE, NO. 1

| | |
|---------------------------------------|--|
| 1 cup of parsley leaves | 1 or 2 egg yolks |
| 1 $\frac{1}{4}$ cups of water (about) | 1 tablespoonful of fine-chopped |
| 2 tablespoonfuls of butter | parsley |
| 2 tablespoonfuls of flour | $\frac{1}{2}$ tablespoonful of lemon juice |
| $\frac{1}{4}$ teaspoonful of salt | $\frac{1}{4}$ cup of butter in bits |
| $\frac{1}{4}$ teaspoonful of pepper | |

Bruise and crush the parsley and let cook in the water five minutes; strain off the water and use with the other ingredients in the usual manner. Finish with the yolks, parsley, lemon juice and butter.

PARSLEY SAUCE, NO. 2

Put one cup (lightly measured) of fine, soft, white bread crumbs and half a cup of fine-chopped parsley (lightly measured) over the fire in a pint of broth. Add a scant half-teaspoonful of salt, a dash of pepper, and cook and stir until smooth and very hot. Beat in two tablespoonfuls of butter and a tablespoonful (scant) of lemon juice and serve.

SAUCES OF EMULSIFIED FATS

MAYONNAISE DRESSING

(Quickly made without danger of separation)

| | |
|---------------------------|---|
| 1 yolk of egg | 2 tablespoonfuls of vinegar or lemon juice |
| 1/4 teaspoonful of salt | |
| 1/4 teaspoonful of pepper | 1 cup of olive oil |
| | 2 tablespoonfuls of boiling water |

Beat the yolk of egg; add the salt and paprika and beat again, then, use an egg-beater, and beat in the vinegar or lemon juice; beat vigorously, then add a teaspoonful of olive oil and continue the beating; add oil, a teaspoonful at a time, three or four times, beating vigorously meanwhile, then add the oil by the tablespoonful, until a cup in all has been used. Finish with the boiling water, beating it in, in the same manner as the oil. By adding all the acid to the yolk before oil is used, the egg-beater may be used from the beginning and the larger surface over which the oil is spread lessens the liability

of the mixture to curdle. The boiling water at the last also assists in preventing the "turning" or curdling of the sauce after it has been set aside. After the sauce is mixed cover with an earthen dish and set aside in a cool place. The sauce will thicken still more upon cooling.

CHANTILLY MAYONNAISE

To half a cup of double cream and one-fourth a teaspoonful, each, of salt and paprika beaten firm, fold in one cup of mayonnaise dressing.

SAUCE TARTARE

(For fried fish, oysters, fish balls, etc.)

To a pint of mayonnaise sauce, made with mustard, add a shallot, chopped exceedingly fine, one-fourth a cup, each, of fine-chopped capers, olives and cucumber pickles and two tablespoonfuls of fine-chopped parsley.

TARTARE MOUSSELLINE SAUCE

| | |
|----------------------------|------------------------------|
| 1 cup of mayonnaise | 2 tablespoonfuls of gherkins |
| 2 tablespoonfuls of capers | ½ chilli pepper |
| 2 tablespoonfuls of olives | ½ cup of double cream |

Chop the capers, olives, gherkins and pepper exceedingly fine. Beat the cream firm. When ready to serve the sauce fold the prepared vegetables and cream into the mayonnaise.

FIGARO SAUCE

| | |
|-------------------------------|--|
| 2 slices of onion | $\frac{1}{4}$ bay leaf |
| 2 slices of carrot | 3 tablespoonfuls of butter |
| 2 ounces of lean ham | 2 tablespoonfuls of flour |
| $\frac{1}{2}$ stock of celery | 1 cup of thick tomato purée |
| 1 branch of parsley | $\frac{1}{2}$ cup of mayonnaise dressing |

Chop or cut fine the first six ingredients, and cook in the butter until browned; add the flour, stir until frothy, then add the purée, which must be reduced by cooking until very thick; let the sauce simmer until very much reduced. (Use an asbestos mat under the saucepan to avoid burning.) Skim often while cooking. Strain and set aside to become cold. When ready to serve fold it into the mayonnaise dressing. This sauce is particularly good with any dish with which sauce tartare is mentioned.

GREEN RAVIGOTE SAUCE (COLD)

To a cup of mayonnaise dressing add half a tablespoonful, each, of chopped parsley, chives, chervil, tarragon, and shallot. Tint green with a little spinach juice.

RAVIGOTE SAUCE (HOT)

Chop fine two shallots. Add two tablespoonfuls of butter and two tablespoonfuls of vinegar. Let reduce one-half, then add a cup of white sauce made with stock, and finish with fine-chopped herbs as above.

MOUSSELINE SAUCE, NO. 1

| | |
|-----------------------------|-------------------------------------|
| $\frac{1}{4}$ cup of butter | 2 tablespoonfuls of lemon juice |
| 4 yolks of eggs | $\frac{1}{4}$ teaspoonful of salt |
| $\frac{1}{2}$ cup of cream | $\frac{1}{4}$ teaspoonful of pepper |
| $\frac{1}{4}$ cup of butter | |

Cream the butter, beat in the yolks, one at a time, add the cream, and cook and stir over hot water until the mixture thickens; remove from the fire, add the last measure of butter, in little bits, then the lemon juice and seasonings. This makes a thick sauce; for one less thick omit two yolks of eggs.

MOUSSELINE SAUCE, NO. 2

To a cup of Hollandaise sauce, fold in, at the last moment before serving, half a cup of sweet cream, beaten solid.

HOLLANDAISE SAUCE, NO. 1

| | |
|-----------------------------------|-------------------------------------|
| $\frac{1}{2}$ cup of butter | $\frac{1}{4}$ teaspoonful of pepper |
| 2 to 4 yolks of eggs | $\frac{1}{2}$ cup of boiling water |
| $\frac{1}{4}$ teaspoonful of salt | 2 tablespoonfuls of lemon juice |

Prepare as mousseline sauce.

HOLLANDAISE SAUCE, NO. 2

Let one-fourth a cup of vinegar and six or eight pepper-corns stand over the fire until the vinegar is nearly evaporated, then add a tablespoonful of cold water and the beaten yolks of three eggs. Beat thoroughly, then add two tablespoonfuls of butter, and set the saucepan into a dish of hot water.

Beat and stir thoroughly, adding a tablespoonful of butter at a time, until half a cup in all has been used. Finish with a tablespoonful of lemon juice and salt and paprika to taste.

MOCK HOLLANDAISE SAUCE

Make a white sauce of two tablespoonfuls, each, of butter and flour, salt and pepper, and water or white stock (chicken, veal, or fish). After simmering six or eight minutes, pour gradually upon the beaten yolks of two eggs, diluted with a tablespoonful of cream. Mix thoroughly, and then, drop by drop, add vinegar (tarragon preferred) and lemon juice, to give the degree of acidity required.

WHAT MAY BE DONE WITH HOLLANDAISE SAUCE WHEN IT CURDLES?

The above question is asked so many times that it is best to give an answer. A careful cook will do nothing else while making this sauce and thus avoid overcooking, which is the reason why separation takes place. If one is unfortunate enough to have a curdled Hollandaise, quickly prepare one-fourth a cup of white sauce; when the sauce is smooth and boiling remove from the fire and gradually beat into it the curdled Hollandaise. This procedure remedies the appearance of the sauce, but the result is not as choice as the real Hollandaise sauce.

BERNAISE SAUCE FOR FILLETS OF BEEF, ETC.

Put three tablespoonfuls of fine-chopped shallot (very small, mild onions), half a dozen pepper-corns, and one-fourth a cup of vinegar to simmer on the back of the range. When the moisture has nearly evaporated, add two tablespoonfuls of butter and the beaten yolks of three eggs. Set the saucepan into a dish of boiling water, then stir and let cook, adding twice, meanwhile, two more tablespoonfuls of butter (three ounces of butter in all). When the sauce thickens, season with salt and a little paprika, strain and finish with a teaspoonful, each, of fine-chopped tarragon and chervil. Tarragon vinegar may be used with the shallot, when fresh tarragon leaves are not obtainable. Green pepper pod, chopped fine, is better than pepper-corns. For a change meat glaze may be added to the sauce, to give it a brown color, and it then becomes Bernaise Brune. The addition of tomato purée gives a very good Bernaise Tomaté. Two tablespoonfuls of purée are sufficient.

UNCLASSIFIED SAUCES

BREAD SAUCE

(Chicken or egg timbales, poached fillets of chicken and roasted birds.)

$\frac{1}{2}$ cup of fine stale bread crumbs

1 onion with 6 cloves in it

1 pint of milk

$\frac{1}{2}$ teaspoonful of salt

$\frac{1}{2}$ teaspoonful of paprika

2 tablespoonfuls of butter

Cook the bread crumbs with all the ingredients except the butter, in a double boiler, nearly one hour. When ready to serve take out the onion with cloves, add the butter and beat thoroughly. In serving, when the sauce is poured over an article, coarser crumbs than those used in the sauce, which have been browned in butter, are sprinkled over the whole.

MINT SAUCE

| | |
|--------------------------------|-----------------------------------|
| 1 bunch of mint | Juice of 1 lemon or 4 tablespoon- |
| ½ cup of boiling water | fuls of cider vinegar |
| 1 or 2 tablespoonfuls of sugar | ¼ teaspoonful of salt |
| | ¼ teaspoonful of pepper |

Wash the mint and shake and dry on a cloth. Pick the leaves from the stems and chop them very fine. Add the boiling water and sugar, cover close and let stand half an hour. Add the acid and condiments and it is ready to serve. Used principally with lamb.

HORSERADISH SAUCE

| | |
|---|---|
| 2 ounces of freshly grated horse- radish | About 1 tablespoonful of lemon juice |
| ½ cup of butter | |

Beat the butter to a cream; gradually beat in the horseradish and then the lemon juice. Press through a fine sieve and keep on ice until ready to use. Spread on hot fillets, noisettes or medallions of beef cooked by broiling. The heat of the meat should melt the butter.

CHAPTER IV

VEGETABLE ACCOMPANIMENTS AND ENTRÉES NOT INCLUDING SOUFFLÉS, TIMBALES, CREAMS OR ICED PREPARATIONS

SUGGESTIONS FOR COOKING VEGETABLES

The common and simple processes of cooking vegetables are supposed to be known; but as the success of all vegetable entrées depends, in great measure, upon the manner in which the initial cooking is carried out, it were well, before beginning a dish, to consult some modern and reliable cook-book on the minor details of cooking the special vegetable under consideration.

A description of the process of *blanching* vegetables may be found in Chapter II. All vegetables, after blanching, are set to cook in boiling water or other liquid. Also all vegetables that are not blanched, save dried legumes, are set to cook in boiling water.

Salted water is employed for the cooking of all vegetables in which but little or no woody fiber is found. Salt is used in the cooking of all green vegetables, to intensify the color. After vegetables cooked in liquid are done, they should be removed at once from the liquid, and served as soon as possible.

COOKING MACARONI

Macaroni is usually broken into pieces about an inch in length and is cooked — without blanching — in rapidly boiling water. When tender drain and rinse in cold water, then drain again. The cold water washes away the pasty exterior that would otherwise cause the pieces to stick together.

TURKISH PILAF

| | |
|------------------------|--------------------------|
| 1 cup of rice | 1 teaspoonful of salt |
| 1½ cups of stock (hot) | ½ teaspoonful of paprika |
| 1 cup of tomato purée | ½ cup of butter |

Blanch the rice, add the stock, purée, salt and pepper and let cook until the rice is tender; add the butter and mix through the rice with a silver fork.

CREAMED MACARONI AU GRATIN

Boil three-fourths a cup of macaroni, broken in pieces an inch in length, in boiling salted water, until tender; drain, rinse in cold water and drain again. Make a sauce of two tablespoonfuls, each, of butter and flour, one-fourth a teaspoonful, each, of salt and pepper and a cup of rich milk. Mix the macaroni through the sauce, mixing in, at the same time, half a cup or more of grated cheese. Turn into a shallow dish, cover with half a cup of cracker crumbs, mixed with three tablespoonfuls of melted butter, and let brown in the oven.

MACARONI À LA REINE

Cook and blanch three-fourths a cup of macaroni, broken in inch-lengths. Scald one cup of rich cream; stir into it two tablespoonfuls of butter and one-fourth a pound of cheese, grated or cut into exceedingly thin slices. When smooth add one-fourth a teaspoonful of salt and half a teaspoonful of paprika and pour it over the macaroni, which has been turned into a shallow baking dish. Have ready a scant cup of three-eighths-an-inch cubes of bread fried delicately in a little butter or olive oil. Sprinkle these over the macaroni. Serve very hot.

MILANAISE OR SAVORY MACARONI

Cook the macaroni in the usual manner. Cook half an onion, cut in slices, and half a green or red pepper, in three tablespoonfuls of butter until lightly browned; add about a cup and a half of tomato and let simmer until well reduced. Press through a sieve. There should be a generous cup of the pulp. Make a sauce of two tablespoonfuls, each, of butter and flour, one-fourth a teaspoonful of salt and the prepared tomato; add half a cup or more of grated cheese. When the cheese is melted, pour the sauce over the cooked macaroni and lift with two forks, to mix together thoroughly. Let stand over hot water to become very hot. Sprinkle with a tablespoonful of fine-chopped parsley. When convenient fine-chopped or diced ham or pickled

tongue may be mixed through the dish or broth may replace a part of the tomato purée.

MACARONI, "MERE MAN" STYLE

Chop fine and separately three small onions and two thin slices of salt pork. Cook these together in a frying-pan until nicely browned, then add half a pound of raw beef (top of the round), chopped fine, one-fourth a teaspoonful of nutmeg, and one-fourth a teaspoonful of salt. Dissolve one-fourth a cup of tomato paste (found at Italian stores, the same quantity of well-reduced tomato purée may be used) in half a cup of claret wine, and add to the meat mixture. Have ready a scant quarter pound of hot, cooked spaghetti, sprinkled with Parmesan cheese (use from two tablespoonfuls to three-fourths a cup of cheese according to taste), and over it pour the cooked mixture. Lift the spaghetti with fork and spoon, until the mixture is evenly mixed through it, then serve at once.

For macaroni and rice croquettes see Chapter VI.

CURRIED RICE, WITH GREEN PEAS

Pour a little boiling water over a pint of shelled peas (do not shell the peas until time to cook them); add a teaspoonful of salt and let simmer until tender. Season with one or two tablespoonfuls of butter and a little black pepper. Before setting the peas to cook, sauté an onion, peeled and cut in halves, in

three tablespoonfuls of melted butter, then add a cup of blanched rice, one or two tablespoonfuls of curry powder and stir these in the butter until it has been absorbed; add three and one-half cups of broth or boiling water, a teaspoonful, each, of sugar and salt and a tablespoonful of lemon juice, and let cook until the rice is tender. Dispose the rice in wreath shape on a serving dish and turn the peas into the center.

GLOBE OR FRENCH ARTICHOKEs

A portion of the undeveloped blossom of the French artichoke is the part that is eaten. The plant has leaves from three to four feet long. The flower stem is from three to four feet high and branched. Each branch supports a blossom very similar to the large purple thistles so common in August by the roadside and in pastures. The broadened axis of the flower is the principal edible portion. This is the part put up in cans for exportation to this country, and is known as the artichoke heart or bottom. The top of this broad axis is covered by a mass of purple flowerets, which are removed after cooking and before sending to the table. Upon the sides of this axis are several rows, one above the other, of sepals, which together constitute the calyx. A portion of the lower ends of these sepals is also edible. The artichokes are cut for the table *before the bud is expanded enough to show the bluish-purple color within.*

PREPARATION FOR COOKING

To prepare for cooking, pull off all coarse or discolored sepals, and cut the stem close to the sepals. Set to cook in boiling salted water. Remove and drain as soon as the "heart" is tender. Pull back the sepals, and with a small spoon take out the purple flowerets. The outer ones resemble the sepals in shape, the inner ones correspond exactly to the purple part of a thistle.

SERVING ARTICHOKEs

To serve plain, cut into quarters, lengthwise, and dispose on a dish provided with a drainer, or, lacking this, upon a hot napkin. Serve the sauce in a dish apart. A portion of the sepals and bottom compose each service. The artichokes are sometimes thus cut before cooking. Any sauce appropriate for asparagus is appropriate for artichokes, as, when hot, provide Hollandaise, Bechamel, or drawn butter; or, when cold, French or mayonnaise dressing. In serving individual portions, pour the sauce over the bottom or upon the plate beside the portion. To eat, pull off the sepals with the fingers, dip the lower end into the sauce, and draw between the closed teeth. The "bottom" is eaten with a fork. As a salad, tongue, chicken, eggs, cucumber, lettuce, or endive, may be added to increase the bulk. The sepals would be used only as a garnish.

A particularly elegant way of serving the hearts

is with forcemeat: "stuffed artichoke bottoms" would be the designation. Chicken forcemeat, or a forcemeat such as is used for stuffed tomatoes or eggplant, is heaped upon the parboiled-and-cleaned "heart," which is then cooked in the oven with frequent basting. A rich sauce accompanies the dish.

BREADED ARTICHOKE BOTTOMS, FRIED

Remove the bottoms from the can, drain and dry on a soft, clean cloth. There will be six or eight bottoms in the can. Beat one egg; add two tablespoonfuls of milk and beat again. Dip the bottoms, one by one, in the egg and then roll in sifted bread crumbs. Fry in deep fat to an amber color; drain on soft paper and dispose on a hot napkin, set on a hot dish. Serve with sauce tartare in a mayonnaise bowl. Serve as a vegetable entrée either with roast turkey, fillet of beef, etc., or just after this course. To prepare the bread crumbs, remove the crust from a stale loaf (baked twenty-four hours), and press the bread through a colander and then through a sieve of moderately fine mesh.

ARTICHOKE BOTTOMS, WITH SPINACH QUENELLES

Chop, very fine, boiled spinach. For three-fourths a cup of the prepared spinach melt two tablespoonfuls of butter in a saucepan. Add two tablespoonfuls of flour, one-fourth a teaspoonful of salt, a dash of

paprika, and half a teaspoonful of sugar, and cook until well yellowed. Then add a tablespoonful of cream and the hot spinach. Stir and cook until the boiling-point is reached, then remove from the fire, and beat in, one at a time, two eggs. Butter as many table or dessert spoons as will stand side by side in a frying-pan of boiling salted water. Fill these with the spinach mixture, rounding it a little on top. Set them into the water, and let simmer until the mixture is firm. Remove from the spoons with care, drain on a cloth or in a colander, and set one upon each artichoke bottom, made hot in well-seasoned broth and drained. Pour over the whole a cup of Hollandaise sauce, and garnish each quenelle with a slice of hard-cooked egg.

ARTICHOKE À LA ITALIENNE

Wash, trim, and quarter the artichokes, and boil them in salted water until tender (about forty minutes). Dispose on a dish with the leaves outward. Pour over eight or nine artichokes a cup of white sauce, to which half a cup of cooked mushrooms and two tablespoonfuls of butter have been added. The sauce may be made of the water in which the mushrooms were cooked and cream, half and half.

ARTICHOKE BOTTOMS, WITH CAULIFLOWER, ETC.

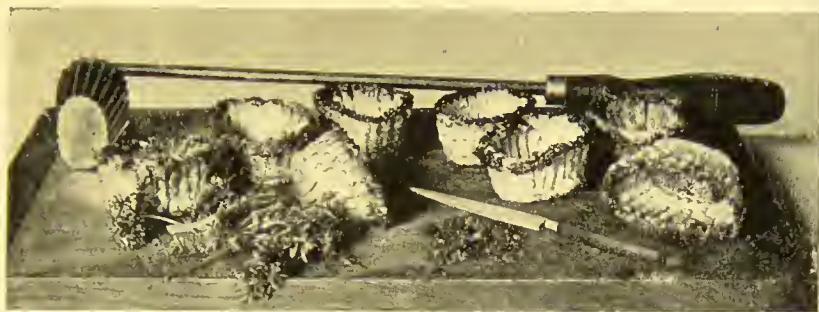
1 can of artichoke bottoms
1 small cooked cauliflower
 $\frac{1}{2}$ cup, each, of cooked string

beans, flageolet, peas, aspara-
gus tips and figures cut from
carrots

Sauté the artichoke bottoms in hot butter until well browned on both sides and very hot. All the vegetables should be hot. Dispose the bottoms on hot individual plates or in cocottes or china ramekins; set a floweret of cauliflower above and around it some of the other vegetables. Set a rounding teaspoonful of thick Hollandaise sauce above and serve at once.

BRAISED CELERY

The celery should be such as is without much fiber, white and tender; trim off the tops, leaving stalks about eight inches from the top of the root, also the root neatly, and remove green leaves; wash in several waters with great care, to remove earth, etc., and yet not break or separate the stalks; cover with boiling water, let cook fifteen minutes, then drain and rinse in cold water. For three or four heads of celery cut a slice of salt pork into bits and pour over it boiling water to cover; let stand a few minutes, then drain, rinse in cold water and sprinkle over the bottom of a casserole or agate dish suitable for the oven; over the pork slice an onion and half a carrot, then two slices of bacon; on this bed set the blanched celery, cover and set into the oven to draw out the moisture; after the moisture has evaporated cover with hot, white broth and let cook very gently until tender; drain off the liquid and keep the celery hot; remove the fat from the liquid,



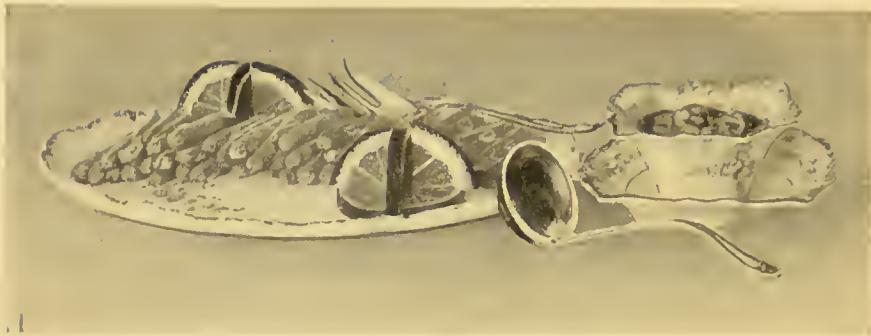
SWEDISH TIMBALES CASES. — *Page 39.*



CURRIED RICE WITH GREEN PEAS. — *Page 77.*



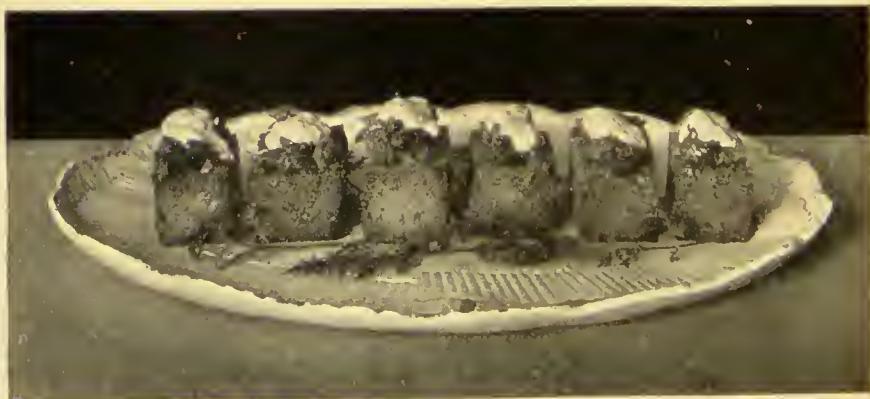
ARTICHOKE BOTTOMS, WITH SPINACH QUENELLES. — *Page 80.*



ASPARAGUS, MALTESE SAUCE. — *Page 83.*



ASPARAGUS, WITH EGGS AND CHEESE SAUCE. — *Page 84.*



ASPARAGUS IN BREAD CASES. — *Page 85.*

reduce it by simmering if necessary, season as needed and pour over the celery laid on a hot serving dish.

CELERY, WITH BEEF MARROW

Blanch the celery. Then let cook an hour. For three or four heads prepare a pint of brown sauce; strain this over the celery, drained from the water in which it was cooked, which should by now be well reduced; sprinkle about two dozen half-inch slices of beef marrow over the celery and let simmer very gently ten minutes. The recipe will serve from nine to twelve people.

ASPARAGUS

Cut off the stalks at the point where toughness begins, and remove the lower scales on the stalks, (these often being objectionable), tie the stalks in bunches and set to cook, standing tips up in boiling salted water. When tender drain on a cloth. Dispose on a napkin and serve the sauce in a dish apart; or serve on buttered toast with the sauce above. The usual sauces for hot asparagus are Hollandaise, Bearnaise, Drawn Butter, Maltese,—made with the juice of blood oranges — and melted butter. As Maltese sauce is used so infrequently and the combination is well worth a trial we give the sauce in this place.

ASPARAGUS, MALTESE SAUCE

Cook the asparagus, tied in a bunch, in boiling salted water. Lift out to slices of toast (the toast

may be omitted), pour over the hot sauce and serve at once. For the sauce blood oranges are usually selected. Put one-fourth a teaspoonful, each, of salt and paprika, the grated rind of half an orange, a tablespoonful of water and two tablespoonfuls of lemon juice over the fire to reduce one half; add half a cup of butter, beaten to a cream, and, one after another, the yolks of from two to four eggs; beat each yolk into the butter thoroughly before adding another. Set the dish over hot water and stir constantly while the mixture thickens, then add the juice of half a blood orange and stir and cook a moment longer. With two yolks the sauce should be as thick as cream; with four yolks as thick as mayonnaise.

ASPARAGUS TIPS IN POTATO CROUSTADES

Mix the cooked asparagus tips with a sauce made of equal parts of chicken broth, cream and asparagus purée, thickened with roux. Fill the croustades and set three choice stalks about two and one half inches long above the asparagus in each croustade; sprinkle the heads with fine-chopped parsley or sifted yolk (cooked) of egg or both and serve at once.

ASPARAGUS, WITH EGGS AND CHEESE SAUCE

| | |
|----------------------------|-------------------------------------|
| 1 bunch of asparagus | $\frac{1}{4}$ teaspoonful of salt |
| 4 hard-cooked eggs | $\frac{1}{4}$ teaspoonful of pepper |
| 8 rounds of buttered toast | 1 cup of milk |
| 2 tablespoonfuls of butter | $\frac{1}{2}$ cup or more of cheese |
| 2 tablespoonfuls of flour | |

Set the cooked asparagus in the center of a hot serving dish, and dispose the rounds of toast around the asparagus; set two lengthwise quarters of an egg on each round of toast. Have ready a white sauce made of the other ingredients, stirring into it, at the last, the cheese. Pour a little of the sauce over the quarters of eggs on the toast and serve the rest in a bowl. After the eggs are cooked they should be cooled in cold water that they may be shelled nicely, then let stand in hot water to reheat (do not let the water boil).

ASPARAGUS AU GRATIN

Put little bundles of asparagus on slices of toast in an au gratin dish and pour cream or Bechamel sauce over the points, then dredge quite thick with grated Parmesan cheese; cover the ends of the stalks with paper and set the dish in the oven to melt the cheese. If a little melted butter be sprinkled over the cheese, the glazing will be expedited.

ASPARAGUS IN BREAD CASES

Cut bread in slices an inch and a quarter thick; cut each slice in the middle and trim neatly into two rectangular pieces. Remove the centers, to leave hollow cases with walls one-fourth an inch thick; turn the outer surfaces of the cases in melted butter and let brown in the oven. Have ready hot, cooked asparagus tips, seasoned with salt, black pepper and butter. Use these to fill the cases. For eight cases

scramble four eggs in four tablespoonfuls of cream with salt and pepper. Dispose the egg above the asparagus and serve at once. Or, scald one cup of milk in a double boiler and in this cook the yolks of four eggs, beaten and mixed with one-fourth a teaspoonful, each, of salt and pepper until thick, then pour over the asparagus and case.

ASPARAGUS "À LA BORGHESE"

Scrape the root ends of a bunch of asparagus, cutting the stalk where it ceases to be tender. Tie in bundles of about a dozen stalks, having the heads all together. Cook in a saucepan of boiling salted water about twenty minutes. Remove each bundle to a slice of toast, pour over the following sauce and serve at once. Melt one-fourth a cup of butter; in it cook two tablespoonfuls (level) of flour with one-fourth a teaspoonful, each, of salt, pepper and grated nutmeg; when bubbling add one cup of thin cream and stir until it boils; add one-fourth a cup of butter, in bits, and use at once.

For Asparagus Salad see Chapter IX.

POTATOES, VIENNA STYLE

Mash hot, well-cooked-and-drained potatoes, and season liberally with salt and butter. Add a very little cream or rich milk, and beat until light and smooth. Two or three beaten egg yolks may be added, but are not a necessity. The mixture needs be dry rather than moist. Shape into portions similar

to a Vienna roll having pointed ends. Score each three times, to simulate the roll, brush over with the yolk of an egg beaten and diluted with a little milk, and set into the oven, to become very hot, and brown the top. Serve with any dish with which mashed potato is called for.

MASHED POTATOES, NANTAISE

Press hot, boiled potatoes through a ricer; for each quart add a teaspoonful of salt, four tablespoonfuls of butter and hot milk or cream as needed. Beat thoroughly with a perforated wooden spoon; press, dome shape, into an au gratin dish, brush over with white or Bechamel sauce, sprinkle with cracker crumbs, mixed with melted butter, and set into a hot oven to brown the crumbs.

SCALLOPED POTATOES, WITH PEPPERS AND ONIONS

| | |
|--|----------------------------|
| 1½ quart of sliced potatoes, blanched | ½ red pepper, chopped fine |
| 1½ onion, grated or cut in very thin rings | 1 teaspoonful of salt |
| ½ green pepper, chopped fine | Milk as needed |

Butter a baking dish suitable for serving; in this put a layer of potato slices (these should be cut very thin), sprinkle with some of all the other ingredients and continue the layers until all are used. Pour in milk to come to the top of the potato. Let bake two hours or longer, adding milk as needed. When the potatoes are done, there should not be an over-

supply of liquid in the dish, but the potatoes should not be dry.

FRYED POTATO BALLS

With a French scoop cut out balls from raw potatoes. Put the balls over the fire in boiling water and let boil about five minutes; drain, rinse in cold water and dry on a cloth, then immerse in hot fat and let cook until tender. It will take nearly fifteen minutes.

DUCHESSES POTATO

| | |
|---------------------------|----------------------------------|
| 2 pds. of mashed potato | 1 or 2 yolk of egg, beaten light |
| 1/2 teaspoonful of salt | 1 tablespoonful of butter |
| 1/2 teaspoonful of pepper | Hot milk, if needed |

Beat all together thoroughly. The potatoes should be mashed with a ricer. The mixture should not be too moist. For plated dishes the yolks are often omitted.

GLAZED POTATO NESTS, WITH PEAS

Press hot, boiled potatoes through a ricer; for eight potatoes use a teaspoonful of salt, half a teaspoonful of pepper, three tablespoonfuls of butter and, if needed, a very little hot milk. The mixture can not be shaped well, if it be too moist. Beat until light and fluffy, then shape into balls. Set these on a buttered baking pan, turned upside down and with a spatula smooth them neatly; brush over with the beaten yolk of an egg, diluted with two or

three tablespoonfuls of milk. Form a circle on the top of each and set into a模 (mold) to become darkly colored on the outside. Have ready several green peas seasoned with salt, pepper and butter. When ready to serve, transfer the balls of peas to a serving dish; cut around the center, and the ball will be loose; remove a little of the peas, if necessary, and in the open space, set a tablespoonful of the peas. When a large number are to be served, put a spoonful of potato on the plate, press the same firmly together up to make a depression and in this set a tablespoonful of the peas.

SWEET POTATO FITTERS

pare and cut in halves the required number of sweet potatoes. Cook until tender in boiling salted water. Drain, then pour over the potato a little brandy or wine, a few tablespoonfuls of lemon juice, and a generous sprinkling of salt. Let stand till ready to cook, then dip in batter, and fry in deep fat. Serve as any sweet potatoes. Drain the fritters on soft paper as they are fried. Do not let the slices touch each other while draining. Keep them hot in the oven until all are ready.

SWEET POTATOES, SOUTHERN STYLE

Boil a cup of brown or maple sugar and half a cup of water until it forms a heavy thread. Have ready half a dozen sweet potatoes, baked until early tender; peel the potatoes, cut in halves,

lengthwise, and dispose these, round side down, in an au gratin dish; pour on part of the syrup, set a few bits of butter on the potatoes and sprinkle lightly with salt; put another layer of potatoes in the dish, pour on the rest of the syrup, add butter and salt and let bake until slightly browned. Baste with the syrup two or three times while cooking. Serve from the baking dish.

GRILLED SWEET POTATOES

Left-over baked or boiled sweet potatoes may be used for this dish, or sweet potatoes may be cooked for the purpose. The potatoes should be cut in lengthwise halves. Rub over the bars of the broiler with a strip of bacon or fat pork, set the potatoes, dipped in melted butter, on the broiler, and cook, turning often, to avoid burning, until hot throughout and slightly browned. Serve on a hot dish.

SCALLOPED SALSIFY

Scrape the salsify roots, and, as scraped, drop into cold water, to which two tablespoonfuls of vinegar has been added. Stir a tablespoonful of flour to a smooth, thin paste with cold water, then stir while gradually pouring on a quart or more of boiling water; let the whole boil, then add the prepared salsify, a teaspoonful of salt and a tablespoonful of vinegar. Cook the salsify until tender, replenishing the saucepan with boiling water as needed. Drain the vegetable and press it through a sieve. To each cup of

salsify add a teaspoonful of butter, one-fourth a teaspoonful of salt, a little pepper, the beaten yolk of an egg and a little cream. Mix all together thoroughly, then dispose in buttered shells (individual) or a baking dish. Stir two-thirds a cup of cracker crumbs into one-third a cup of melted butter and spread over the top of the salsify preparation. Set into a hot oven, to brown the crumbs.

CREAMED SALSIFY

Cut the salsify into quarter-inch slices, then prepare and cook as above. Drain and stir into a rich cream or Bechamel sauce. Use thin cream or half milk and half cream for the cream sauce.

CREAMED CARROTS

Scrape and wash the carrots, cut in cubes, julienne pieces or in slices. Add a tablespoonful of sugar and cook until tender in boiling water. Put a tablespoonful of butter in a saucepan, add a teaspoonful of grated onion and stir until hot, then add the carrots (a scant pint), carefully drained, and one cup of white sauce. Serve very hot. Sprinkle with chopped parsley and chives or with either alone. Peas may be served with the carrots.

GLAZED CARROTS

Glazed carrots may be served alone, but are most commonly used as a garnish on any dish of meat. Small, new carrots are preferable; select those of

uniform size, scrape and wash, then simmer until nearly done. For a pint of carrots, melt three tablespoonfuls of butter in a frying pan, put in the carrots, sprinkle with a tablespoonful of sugar and stir over a hot fire until they begin to brown. Add two or three tablespoonfuls of broth or the water in which they were cooked, and stir, adding more stock as needed, until they are well glazed.

KOHL RABI

Quickly-grown, young kohl rabi may be cut in halves, crosswise, cooked tender and served as artichoke bottoms. It should be cooked in water without salt. Plain, boiled, it may be served with cream, cheese, Bechamel or Hollandaise sauce.

TURNIP BALLS, HOLLANDAISE

With a French potato cutter cut out a pint of turnip balls from pared turnips. Cook until tender in boiling water, drain and stir through them three tablespoonfuls of butter, beaten to a cream and mixed with the beaten yolks of two eggs, half a teaspoonful, each, of salt and pepper and one tablespoonful of lemon juice. Sprinkle the whole with a teaspoonful of fine-chopped parsley or chives or a mixture of the two.

BOILED OKRA

Wash the okra pods, and cut the ends to make them of uniform length. Wash, and set to cook in



MASHED POTATOES, VIENNA STYLE. — *Page 86.*



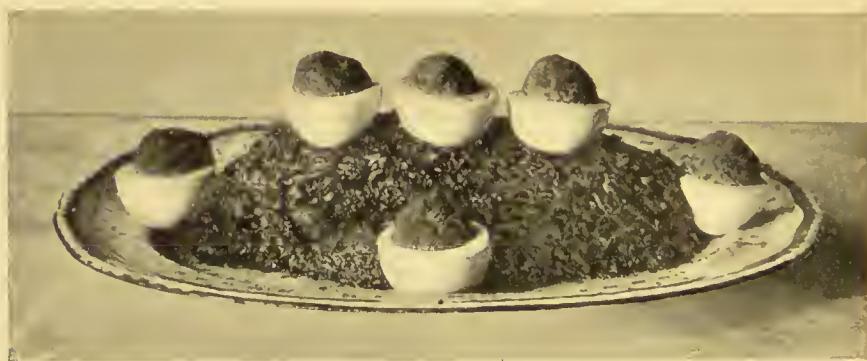
GLAZED POTATO NESTS, WITH PEAS. — *Page 88.*



KOHL - RABI. — *Page 92.*



OKRA, ANDALOUSE STYLE. — *Page 93.*



SPINACH WITH STUFFED EGGS. — *Page 93.*



CROUTONS OF SPINACH AND EGG. — *Page 94.*

an agate or porcelain-lined saucepan, with a small quantity of salted water. Let cook about half an hour or until tender. Season to taste with salt and pepper and a little butter, or cover with cream or Hollandaise sauce. Boiled okra is also served cold as a salad, either alone or with tomatoes.

OKRA, ANDALOUSE STYLE

| | |
|--------------------------------|------------------------------------|
| 1 quart of okra, cut in slices | 1 tablespoonful of chopped parsley |
| 3 tablespoonfuls of butter | 1 teaspoonful of salt |
| 1 small onion, chopped | 1/2 teaspoonful of pepper |
| 1 pint of cooked tomato | Toast points |

Melt the butter; in it cook the onion until yellowed; add the okra, tomato, parsley, salt and pepper, mix thoroughly and turn into a baking dish; cover close and let cook one hour in a moderate oven. Remove to a hot serving dish, surround with toast points, buttered, and the ends of the points dipped in chopped parsley. Do not omit the toast, as it takes up the superfluous liquid. Okra must be cooked in earthen or lined dishes, to avoid discoloring. When fresh okra is not available, evaporated okra may be used. It comes in packages, each equivalent to a quart of the fresh pods. Soak a package in a pint of cold water over night.

SPINACH, WITH STUFFED EGGS

| | |
|--------------------------------|---------------------------------|
| 1/2 a peck of spinach | 1/4 teaspoonful of salt |
| Salt and pepper | 1/4 teaspoonful of curry powder |
| 3 tablespoonfuls of butter | 1/4 teaspoonful of pepper |
| 4 hard-cooked eggs | Tomato catsup |
| About 1/2 cup of tongue or ham | |

Boil the spinach as usual; chop very fine and season with salt and pepper; add the butter and mix thoroughly. Dispose the spinach in a dish. Cut the eggs in halves; remove and sift the yolks, add an equal quantity of the meat chopped very fine, the salt, pepper and curry powder, mix thoroughly, then add enough catsup to hold the mixture together. With this fill the halves of eggs rounding well; dispose on and around the spinach and serve at once.

COLD SPINACH, WITH BOILED HAM AND EGGS

Cook half a peck of spinach, and, when cold, chop fine. Mix half a teaspoonful of salt, a dash of paprika, and five tablespoonfuls of olive oil. Then gradually beat into these three tablespoonfuls of vinegar. Mix this dressing through the spinach. Then dispose in a mound on a serving dish. Surround with thin slices of cold, boiled ham and boiled eggs.

CROUTONS OF SPINACH AND EGG

Cook half a peck of carefully-washed spinach in the water that clings to it, sprinkling over it a teaspoonful of salt. When the spinach is tender, drain, then chop and press it through a sieve. Sauté some rounds of bread in clarified butter or olive oil. Season the spinach with salt, paprika, cream or butter, and stir it over the fire until very hot, then spread it on the rounds of bread. When the spinach is set to cook, cover two eggs with boiling water and let them stand

in the water until the spinach is cooked. Keep the water hot, but do not allow it to boil. Decorate the spinach with the whites of the eggs cut into eighths, lengthwise, and the yolks pressed through a sieve. A little lemon juice may be added to the spinach with the other seasonings.

SPINACH AU GRATIN

Chop fine a peck of well washed-and-cooked spinach. Prepare a cup of white or cream sauce. Butter a baking dish; in it spread a layer of the spinach, sprinkle with salt and pepper, over this spread a layer of sauce and sprinkle the sauce with grated cheese; continue the layers until the spinach is used, having the last layer of sauce and cheese. Cover with two-thirds a cup of cracker crumbs, mixed with one-third a cup of melted butter. Set the dish into the oven, to become very hot and brown the crumbs.

For spinach soufflé see Chapter VII.

GREEN PEAS STEWED WITH LETTUCE

| | |
|-----------------------------|---|
| 1 quart of shelled peas | 1 teaspoonful of salt |
| 1 large head of lettuce | $\frac{1}{2}$ teaspoonful of black pepper |
| 1 onion, peeled | $\frac{1}{4}$ cup of flour |
| 2 branches of parsley | 3 tablespoonfuls of butter |
| $\frac{1}{4}$ cup of butter | |

Wash and dry the leaves in the head of lettuce; pile them, one above another, and with sharp knife cut into narrow shreds or ribbons. Put the lettuce

and peas over the fire in boiling water to cover barely; add the onion and parsley and let cook about twenty-five minutes or until the peas are tender. Remove the onion and parsley. Cream the butter and beat in the salt, pepper and flour; dilute this with a little of the liquid from the peas, then return to the dish of peas and let simmer about eight minutes; add more salt and pepper and stir in the extra butter, in little bits. Turn into a vegetable dish. Garnish the edge with croutons of bread or puff paste. Dip the edges of the croutons in white of egg, slightly beaten, and then in fine-chopped parsley.

TARTLETS, WITH PEAS, SLICES OF EGG AND TRUFFLE

Use trimmings of puff or semi-puff paste. Roll to a sheet nearly one-fourth an inch in thickness and use to cover inverted Brownie tins. Oval, round and diamond shaped tins are the best. Prick the paste on the tins all over that it may puff uniformly. Set the tins on a baking sheet into a hot oven. When baked dip the edges of each tartlet, removed from the tin, into white of egg and then into fine-chopped parsley. Fill with hot, cooked, green peas seasoned with salt, black pepper and butter. Set a slice of hard-cooked egg above the peas in each tartlet, and above the slice of egg set a figure, cut from a slice of truffle, or one-fourth a teaspoonful of chopped truffle trimmings. A rich brown or half-glaze sauce

may be served with these. String beans or asparagus may replace the peas.

TARTLETS, JARDINIÈRE STYLE

Prepare the tartlets as in the preceding recipe. Fill with cubes of young carrots, asparagus tips and green peas, cooked separately, drained, tossed in butter and seasoned with salt and black pepper. Have the crusts hot; fill with the vegetables, set a floweret of hot cooked cauliflower above each and pour over a tablespoonful of hot Hollandaise sauce. Serve at once.

BRAISED LETTUCE, WITH GREEN PEAS

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|---------------------------------------|---|
| 5 heads of tender lettuce | 1 cup of broth |
| 2 tablespoonfuls of salt pork in bits | $\frac{1}{2}$ cup of tomato juice (no pulp) |
| 2 or 3 sprigs of parsley | 5 croutons of bread |
| $\frac{1}{2}$ onion with 3 cloves | $1\frac{1}{2}$ cups of peas |
| $\frac{1}{2}$ teaspoonful of salt | |

Remove imperfect leaves and shorten the root up to the leaves. Soak the lettuce heads downward, in salted water an hour or more. Blanch after cooking five minutes. Sprinkle the salt pork in an agate baking pan (or a casserole); on these lay the blanched heads of lettuce, from which all water possible has been pressed; add the parsley, onion, salt, broth and tomato juice, cover and let cook half an hour in a moderate oven. Prepare five croutons of bread. Dispose the croutons and lettuce, alternately, in crown shape. Pour the peas, cooked

and seasoned with salt, black pepper and butter, into the center.

BRAISED LETTUCE ON TOAST

Prepare and cook the lettuce as above, omitting the tomato; do not omit the onion with the cloves; this combination with the lettuce produces a dish closely resembling asparagus in flavor. Set the heads of cooked lettuce on squares or rounds of buttered toast. Thicken the liquid with two tablespoonfuls of flour, cooked in two tablespoonfuls of butter, and pour over the whole. Other sauces used for asparagus, as Hollandaise, Bearnaise, mousseline, are appropriate with the dish. A pint or more of broth will be needed, for cooking the lettuce. Blanch in water.

CUCUMBERS, BECHAMEL STYLE

Peel large green cucumbers, cut in quarters and discard the seed portion; shape the remainder into inch pieces and round the ends. Let stand half an hour in cold water, then cook in boiling water until tender. For a pint (generous measure) of the cooked cucumbers prepare a scant pint of Bechamel Sauce, using chicken stock and cream for the liquid. Let stand in the sauce over hot water about ten minutes; stir in carefully, to avoid breaking the pieces of cucumber, the beaten yolks of two eggs mixed with a teaspoonful of lemon juice.

STUFFED CUCUMBERS

| | |
|--|-------------------------------------|
| 3 or 4 cucumbers | 2 or 3 tablespoonfuls of white wine |
| $\frac{1}{4}$ pound of sausage meat or | 3 tablespoonfuls of tomato purée |
| $\frac{1}{4}$ pound of veal and pork | 2 tablespoonfuls of rich brown |
| 4 mushrooms | sauce |
| 1 slice of onion | Salt and pepper |
| $\frac{1}{4}$ clove of garlic | |

The pared cucumbers may be cut in halves, lengthwise, or, if to be used as the garnish of a dish or for individual service, they may be cut, transversely, in pieces an inch and a half long. Remove the seeds, to leave a smooth inner surface. Cover the prepared cucumbers with boiling water and let cook four or five minutes, then drain, rinse in cold water and dry on a cloth. Chop the sausage meat exceedingly fine. Fry the mushrooms, onion and garlic, all chopped fine, in a little butter. When the moisture is evaporated, add the wine, tomato and sauce and let cook till reduced somewhat. Add the sausage, mix and use to fill the cucumbers. If the mixture seems soft, a few *grated* bread crumbs from the center of a loaf may be added. Set the cucumbers in a buttered agate pan, turn in a little broth, cover the pan with a buttered paper, and let cook in a slow oven about forty minutes. Serve with a brown sauce to which a few spoonfuls of cream have been added.

CUCUMBERS, ROMAINE

Peel two large green cucumbers. Cut them in quarters, discarding the seed portion, then slice into

cold water. Let stand fifteen or twenty minutes, then drain, and set to cook in boiling water. Prepare a cup of tomato sauce. When the cucumbers have cooked half an hour, drain, rinse in cold water, and drain again. In a buttered au gratin dish put a little sauce. Add half the cucumbers, sprinkle them with salt and pepper, and two tablespoonfuls or more of grated Parmesan or other cheese. Add a little more sauce, the rest of the cucumbers, with seasoning and cheese, then the rest of the sauce. Stir half a cup of cracker crumbs into three tablespoonfuls of melted butter, and spread over the whole. Let bake about twenty-five minutes in a moderate oven.

BRUSSELS SPROUTS

Discard coarse or discolored leaves, let stand in cold, salted water an hour, drain, boil in water, slightly salted, until tender; no longer; drain and dispose on a napkin. Serve with Hollandaise or cream sauce, or sauce Maltese in a bowl. For Maltese sauce see recipe for Asparagus, Maltese Sauce.

BRUSSELS SPROUTS, PLAIN BOILED, WITH CROUTONS

Drain the water from the sprouts as soon as they are done; add salt, pepper and a generous piece of butter, also if desired fine-chopped parsley and a teaspoonful (for a pint) of lemon juice; shake the saucepan over the fire until the sprouts are evenly

seasoned. Turn into a hot dish. Garnish with triangular shaped croutons of bread, with the point dipped in white of egg (strained) and fine-chopped parsley. Brussels sprouts are also served with cream and Hollandaise sauces.

BRUSSELS SPROUTS, SAUTÉD

Wash and drain, cook in boiling, slightly salted water, drain, cover with cold water and drain, then dry a little on a cloth. Melt (for a quart) three or four tablespoonfuls of butter in a frying pan, add the sprouts with salt, pepper and nutmeg if desired, toss over the fire until the butter is absorbed and the sprouts are hot.

VEGETABLE RAGOUT

Cut six choice, pared potatoes into half-inch cubes; add six sliced leeks, cover with boiling water, let cook ten minutes, then drain. Cut half a bunch of asparagus in inch lengths, and let cook in boiling water about ten minutes; add to the potatoes and leeks. Scald one pint of milk and one-fourth a cup of butter; add half a teaspoonful of salt and a dash of pepper, and pour over the vegetables. Let simmer until all are tender. Turn into a dish and sprinkle with a tablespoonful of fine-chopped parsley.

SUCCOTASH

Let dried Lima or kidney beans soak in cold water overnight; drain, wash in fresh water, rinse

and drain again. Cover with cold water and let simmer until tender (five hours or longer). Add a teaspoonful of salt, one can of kornlet, one-fourth a cup of butter and half a teaspoonful of black pepper, also more salt if needed. A little strained tomato purée, also onion juice and chopped peppers, are additions relished by many.

This dish may also be made of green Lima beans and green corn. Unless the hull of the corn be particularly tender, cut down through the center of the rows of kernels lengthwise the ear, then with the back of the knife press out the pulp, leaving the hull on the cob. Green beans will cook very quickly, in less than an hour. Add the corn about five minutes before time of serving.

PARSNIPS "À LA FORNO"

Cut scraped parsnips in slices and let boil until tender. Turn about a pint of slices into a baking dish. Have ready a sauce, made of one-fourth a cup, each, of butter and flour and one cup and three-fourths of milk; add half a teaspoonful of salt and pour over the slices; sprinkle grated cheese over all. Bake until the cheese melts.

EGGPLANT, MARSEILLAISE

Cut three small eggplants in halves, lengthwise, and slash the meat in opposite directions without cutting through to the skin. Put, cut side down in a kettle of hot fat and let fry ten minutes. Lift from

the fat and set, cut side down, on soft paper to drain five or six minutes. Scoop out all the pulp and cut into small cubes, or chop rather coarse. Melt a tablespoonful of butter in a saucepan; add a small onion, chopped fine, and let cook, stirring constantly, three or four minutes, then add the eggplant. Peel two fresh tomatoes, cut in halves, and discard the seeds; chop the pulp and add to the eggplant. Add also a teaspoonful of salt, a scant teaspoonful of paprika, a teaspoonful of fine-chopped parsley and half a bean of garlic, chopped exceedingly fine. Mix thoroughly and let cook fifteen minutes, stirring occasionally, then add a cup of soft bread crumbs; mix well and turn into a buttered dish (the eggplant skins may be used for this purpose), cover with two-thirds a cup of cracker crumbs mixed with one-third a cup of melted butter. Bake until the crumbs are well browned.

EGGPLANT, PROVENCALE

Same as above, except add half a cup of chopped mushrooms, and one egg, beaten light, and substitute half a cup of tomato sauce for the raw tomato.

SCALLOPED EGGPLANT

Cut the eggplant into slices half an inch thick. Pare off the skin and cut the slices in cubes. Put these over the fire in boiling, salted water, to cook about twenty minutes. Drain the cubes and dry them on a cloth. Put a layer of cubes in a buttered

baking dish, sprinkle with salt and a little fine-chopped, sweet green or red pepper pod; add also a few cracker or bread crumbs, mixed with melted butter; continue the layers until the eggplant is used, having the last layer of buttered crumbs. Turn cream into the dish until it can be seen through the crumbs, then cover and bake half an hour. Remove the cover, to brown the crumbs. Serve from the baking dish.

EGGPLANT AU GRATIN

Peel an eggplant, and cut it into half-inch slices. Sprinkle the slices lightly with salt, and set them aside for a time (to draw out the moisture), then press them lightly, and dry on a cloth. Dredge or roll the slices in flour, then fry — first on one side and then on the other — in a little hot butter. Melt two tablespoonfuls of butter. Add three tablespoonfuls of flour, half a teaspoonful of salt, and a dash of pepper. Let cook until frothy, then add a cup of white stock and half a cup of well-reduced tomato purée. Stir until the boiling-point is reached, then add about one-third a cup of cream. Spread a layer of sauce upon a buttered au gratin dish, sprinkle the sauce with grated Parmesan cheese, and upon this dispose a layer of eggplant, add sauce and cheese, then eggplant until all are used. Have the last layer of sauce and cheese. Spread with buttered crumbs (one cup of crumbs, one-third a cup of

melted butter) and set into the oven to brown the crumbs.

STUFFED EGGPLANT

Cut the eggplant in halves, and cook slowly in boiling water about thirty minutes. Drain carefully, then scoop out the center from each half to leave a wall half an inch thick. Chop fine the portion taken from the eggplant. Add a tablespoonful, each, of fine-chopped parsley and green pepper pod, a cup of fine-chopped, cooked chicken or veal, a teaspoonful of salt, paprika to taste, half a cup of tomato purée or a raw tomato, chopped fine, and one-fourth a cup of soft bread crumbs, moistened with two tablespoonfuls of melted butter. Mix all together thoroughly, adding tomato or bread crumbs as is needed to give a good consistency. Fill the shells with the mixture. Cover the tops with cracker crumbs mixed with melted butter, and bake about twenty minutes.

EGGPLANT FRIED IN BATTER

Cut the eggplant in halves, lengthwise, then cut in slices half an inch thick. Pare off the purple skin, then dip the slices in batter, and fry to a golden brown in deep fat. Often the slices are sprinkled with salt and piled one above another to stand for an hour. This draws out moisture, which must be removed with a cloth before the slices are dipped in the batter. If preferred, the slices may be egged-and-

crumbed. They may also be sautéed instead of fried after being dipped in batter or egged-and-crumbed.

LADY CABBAGE

Cut a cabbage in quarters and remove the hard center from each piece; let boil fifteen minutes, drain, add fresh boiling water and let cook until tender, then set aside to become cold. Chop the cabbage fine. To three cups of the cabbage add three well-beaten eggs, one teaspoonful of salt, half a teaspoonful of pepper, one tablespoonful of melted butter and three-fourths a cup of rich milk. Mix all together thoroughly and turn into a buttered baking dish. Let cook in the oven surrounded by water (as a custard) until firm in the center. Serve hot from the baking dish.

LADY CABBAGE, WITH CHEESE

Prepare as Lady Cabbage, adding from half to a full cup of cheese with the eggs, milk, etc.

CAULIFLOWER AU GRATIN IN SCALLOP SHELLS

Let the cauliflower stand, head downwards, in a dish of cold water to which a tablespoonful of salt has been added, for an hour or longer, to draw out insects that may be concealed within it. Set to cook in boiling, salted water. Cauliflower will cook in from fifteen to thirty minutes. Prepare a cup of white sauce and stir in three or four tablespoonfuls of grated cheese, Parmesan preferred. Separate the

cauliflower in flowerets, and dispose these in buttered scallop or other shells. Pour over the sauce, sprinkle with cracker crumbs mixed with melted butter. Set the shells into the oven to brown the crumbs. Serve on individual plates covered with doilies or paper napkins.

Plain, boiled cauliflower is served as an entrée with cream, drawn-butter or Hollandaise sauce.

CAULIFLOWER FRIED IN BATTER

Dip flowerets of cooked cauliflower in batter, fry in deep fat, drain and serve either without sauce or with sauce tartare. The flowerets may be egged-and-crumbed if preferred. Served as a course by itself, the sauce should be provided. Served with the roast, omit the sauce.

For cauliflower supreme and other similar recipes, see Chapter VII.

BROILED TOMATOES AND GREEN PEPPERS

Cut fresh tomatoes in slices an inch thick. Sprinkle over them green peppers, cut in thin strips. Put bits of butter on them, here and there, and sprinkle lightly with salt. Cook on a buttered agate pan in the oven. They may be cooked either above or below a gas flame.

STUFFED TOMATOES

Select small, round, smooth tomatoes. Cut a slice from the stem end of each tomato and scoop

out the pulp and seeds, to leave hollow cases. Chop fine a slice of onion and one-fourth a green or red pepper pod; cook these in one or two tablespoonfuls of melted butter until slightly yellowed; add half a cup, each, of chopped (cooked) ham and soft bread crumbs, two tablespoonfuls of melted butter and one-fourth a teaspoonful of salt. Use the preparation to fill the tomatoes. Let cook in the oven about twenty minutes, basting two or three times with melted butter.

TOMATOES STUFFED WITH D'UXELLES

Chop rather coarse the pulp removed from the tomato. Add an equal bulk of D'Uxelles preparation (Chapter II) and use to fill the tomato cases. Bake basting with butter two or three times, until done.

TOMATOES STUFFED WITH GREEN CORN

Cut out a piece around the stem end of the required number of tomatoes and scoop out the centers; cut off the tops of the kernels from ears of fresh-gathered sweet corn, then scrape out the pulp, leaving the hulls on the ears. Sprinkle a little salt on the inside of the tomatoes; mix a little salt and paprika with the corn and use to fill the tomatoes; add a bit of butter to the corn. Set the pieces cut from the tomatoes in place and the tomatoes in a buttered serving dish, and bake in a moderate oven until the tomato is softened. Green or red peppers,

chopped fine and sautéed in butter, may be mixed with the corn, when the paprika will not be needed.

TOMATOES BAKED WITH NUTS

Have ready a quart of canned tomatoes, one cup of fine, stale bread crumbs and one cup of chopped pecan nut meats. Stir one-fourth a cup of melted butter through the bread crumbs. Put a layer of tomatoes in an au gratin dish, sprinkle lightly with salt and pepper, then with the buttered crumbs and the chopped nuts. Continue the layers until all are used, having the last layer of nuts and then crumbs. Let cook about twenty minutes. This mixture of nuts and crumbs may be used for the filling of raw tomatoes to be baked.

BALTIMORE SAMP

Baltimore samp is dry kernels of white corn broken into comparatively large pieces. It should be blanched in the same manner as rice, but after blanching should be cooked very slowly for eight or ten hours. Boiling water should be added as necessary. Thus cooked it will keep several days in a cool place. To serve, reheat in cream or in cream or tomato sauce, adding chopped parsley or grated cheese as desired. It may be mixed with cream or sauce and reheated in timbale molds lined with pimentos. The pimentos should be trimmed on a line with the top of the timbale mold. Unmold and

serve around broiled or fried chicken. Or serve on individual plates.

GREEN CORN FRITTERS

| | |
|-------------------------------|----------------------------------|
| 1 cup of corn pulp | About 1 cup of pastry flour |
| 2 yolks of egg, beaten light | 1½ teaspoonfuls of baking powder |
| ½ teaspoonful of salt | |
| ¼ teaspoonful of black pepper | 2 whites of eggs, beaten dry |

Score the kernels, with a sharp knife, lengthwise of the cob, then press out the pulp. Add the other ingredients, the whites of egg last. Take up the mixture by tablespoonfuls and with a teaspoon scrape it into hot fat; let cook until brown on both sides, turning several times during the cooking. Drain on soft paper. These are especially good with chicken cooked in any way. This recipe makes eight large fritters.

SWEET CORN CUSTARD, MEXICAN STYLE

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| 1½ cups of corn pulp | 2 tablespoonfuls of green pepper pod chopped fine, or |
| 4 eggs, beaten | 1 bottled chilli pepper, chopped fine |
| ½ teaspoonful of salt | ½ clove of garlic, chopped fine |
| ½ teaspoonful of paprika | 1½ cups of milk |

If the corn be extremely young, fresh, and tender, slice off the tops of the kernels into a bowl, then with the back of a knife press out the pulp, and leave the remnants of the hulls on the cob. For less fresh or tender corn, score the kernels on the ears, lengthwise the rows, then with the back of the knife press out the pulp, leaving the hulls entire on the cobs.

Mix all the ingredients together, adding the milk last. Bake as all custard mixtures. Serve from the baking dish. This may be baked in individual dishes. Kornlet may be used when fresh corn is out of season.

SWEET CORN IN RAMEKINS, COCOTTES, ETC.

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| 1 cup of cooked sweet corn (generous measure) | 2 tablespoonfuls of butter |
| 3 tablespoonfuls of green pepper pod | 1 tablespoonful of flour |
| $\frac{1}{2}$ clove of garlic or shallot | 1 cup of thick cream |
| | $\frac{1}{2}$ teaspoonful of salt |

Cook the pepper and the variety of onion selected, chopped fine, in the butter until softened; add the flour and cook until frothy; add the cream, and stir till boiling; add the salt and corn and let stand over boiling water to become hot. Use only the pulp of the corn, unless it be very tender. Remove the pulp as in the preceding recipes.

CHAYOTE, ANDALOUSE

Cut the chayote in halves, take out the seed, and remove the skin. Cook in boiling, salted water about an hour and a half, or until nearly tender. Drain, and put into a saucepan. Add bits of butter, salt, pepper, and chicken stock, and let simmer half an hour. Drain again and remove a small piece from the centers. Fill the cavities with stewed tomatoes, and serve tomato sauce around them.

STUFFED CHAYOTES

Prepare the chayote as above. Stuff the halves with D'Uuxelles, and sprinkle with buttered crumbs. Bake fifteen minutes, and serve with brown sauce, to which meat glaze and tomato purée have been added.

CHAYOTES BAKED IN CREAM SAUCE

Have ready a buttered au gratin dish. Put in a layer of cooked chayote, cut in thin slices, and season with salt, pepper, and nutmeg, if desired. Cover with cream sauce, then add another layer of chayote and more sauce. Sprinkle with grated cheese, then with fresh bread crumbs mixed with softened butter. Let stand in a hot oven about ten minutes, to brown the crumbs.

LIMA BEANS, HOLLANDAISE

This dish may be prepared with fresh, canned or dried Lima beans, also kidney and other beans may be prepared in the same manner. Dried beans may be soaked over night in cold water, or, without soaking, may be set to cook on the back of the range where the water will not reach the boiling point for an hour or two. Dried beans should simmer four hours or longer. Fresh beans will cook in less than one hour. Salt should be added when the beans are about half

cooked. Use half a teaspoonful to a pint of beans. When tender beat two tablespoonfuls of butter to a cream, beat in the yolk of one egg, one tablespoonful of fine-chopped parsley, one-fourth a teaspoonful of black pepper and two teaspoonfuls of lemon juice; pour the liquid from the beans into the mixture, mix thoroughly, then pour over the beans, shake the dish a little while the egg is "setting," then serve at once. There should be but little liquid — less than a cup — in the beans when they are cooked. Additional salt may be needed.

BAKED BEANS, SPANISH FASHION

Let a pint of dried beans (California, pea, yellow-eyed, flageolet or Lima beans) stand covered with cold water over night; rub the beans between the hands and rinse in cold water. Again cover with cold water and let heat slowly to the boiling point, then let simmer until nearly tender, adding at the last a teaspoonful of soda. Drain and rinse with cold water. Turn a layer of the beans into a baking dish, sprinkle with sweet red peppers, chopped fine, and a little salt, add also a slice or two of bacon cut in tiny squares; continue the layers until the beans are used. Have ready cooked tomatoes, pressed through a sieve to exclude seeds; add these to the beans until they are well covered. Bake in a hot oven about two hours.

RED KIDNEY BEANS, MEXICAN STYLE

Let a cup of dark, maroon colored kidney beans soak over night in plenty of cold water. Set to cook in fresh water and let simmer several hours or until nearly tender, letting the water, at the last, evaporate till but a few spoonfuls are left. Chop fine a green or red pepper or let a pepper simmer in a little water until tender, then scrape the pulp from the thin outer skin. To the chopped pepper or the pepper pulp add the pulp scraped from an onion and two tablespoonfuls of chopped parsley; let these cook in two tablespoonfuls of melted butter until softened and yellowed; add half a teaspoonful of salt, one cup of tomato purée, and, when boiling, stir in the beans. Let cook until the tomato is evaporated and the beans are soft throughout. Finish with two more tablespoonfuls of butter, in little bits. Surround with triangles of bread, buttered and browned in the oven. If desired garnish with a hard-cooked egg, cut in eighths, lengthwise.

ONIONS ON TOAST WITH CREAM

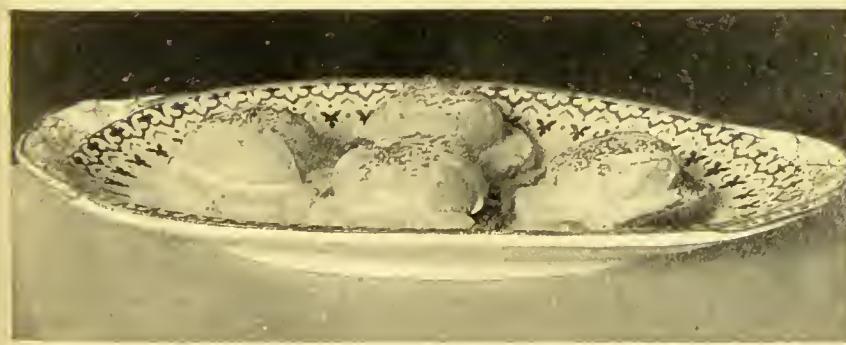
Peel mild onions; let boil rapidly an hour, drain, add fresh water and a little salt and let cook until tender, another hour or longer. Have a round of toast for each onion. Set the onions on the toast, pour over each a little hot cream or cream sauce, sprinkle with fine-chopped parsley and serve at once.



BRAISED LETTUCE WITH GREEN PEAS. — *Page 97.*



HALVES OF CHAYOTE, STUFFED. — *Page 112.*



ONIONS ON TOAST, CREAM, CHOPPED PARSLEY. — *Page 114.*



SPANISH ONIONS STUFFED WITH NUTS. — *Page 115.*



RED KIDNEY BEANS, MEXICAN STYLE. — *Page 114.*



BROILED MUSHROOMS ON TOAST. — *Page 118.*

SPANISH ONIONS STUFFED WITH NUTS

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| 8 Spanish onions | 1 tablespoonful of chopped parsley |
| 1 cup of pecan meats | 1 yolk of egg (raw) |
| 1 cup of grated bread crumbs | 1 cup of white stock or water |
| ½ cup of melted butter | 1 tablespoonful of butter |
| ½ teaspoonful of salt | 1 cup of cream sauce |
| ½ teaspoonful of pepper | |

Peel the onions and let cook in boiling water one hour; when cooled a little, cut out a piece about two inches wide on the stem end, thus leaving a thin shell of onion. Chop the nuts fine; stir the crumbs into the butter and seasonings and mix nuts, crumbs and yolk of egg (the yolk may be omitted) and use to fill the onion cases. Give the mixture a dome shape above. Set the onions in a buttered baking dish suitable to send to the table, pour in the stock and let bake about three-fourths of an hour, basting occasionally with the liquid in the pan and, at last, with the tablespoonful of butter melted in a little water. When ready to serve pour a cup of cream sauce around the onions.

STUFFED GREEN PEPPERS, D'UXELLES STYLE

Allow one green pepper for each service; dip them in hot fat, sprinkle with salt and with a cloth rub off the outer skin. Cut out the pepper around the stem and remove all the seeds. If the peppers are too large, cut off a portion connected with the stem. Fill the prepared peppers with D'Uxelles or Maintenon preparation. Bake in a buttered pan until hot

throughout. Serve with brown sauce. The canned pimentos may be used, when green peppers are out of season. Drain the pimentos, rinse thoroughly in water and they are ready to use. The pimentos may be put smoothly into timbale molds, cut off even at the edge of the mold, filled with the D'Uxelles preparation and thus baked. Both these and the green peppers may be served on rounds of toast.

SWEET, GREEN PEPPERS, MEXICAN STYLE

Put the peppers on a toaster over the fire, turning often. When the thin, outer skin puffs out, wrap them in a dry cloth. Let stand fifteen or twenty minutes to "sweat," when they may be easily peeled. Slit the peeled peppers on the side, carefully remove the seeds and veins, and set the peppers in an earthen bowl. Mix vinegar and water, half and half, and use to cover the peppers. Stir into the vinegar and water a teaspoonful of whole cloves, one teaspoonful of salt, a piece of cinnamon bark, broken in pieces, a bit of bay leaf and two or three cloves of garlic. Just before serving, chop fine two peeled tomatoes, one onion and two sprigs of parsley, and cook these in a little melted butter, until the water evaporates; add a dozen almonds, blanched and shredded, a dozen raisins, seeded and cut in halves, and a small can of sardines (from which the skin and bones have been taken), picked in small pieces. Drain the peppers and fill with the fish mixture.

**GREEN PEPPERS STUFFED WITH SHRIMPS,
INDIAN STYLE**

Plunge about eight green peppers into hot fat, let them stand a moment or two, then remove, and with a cloth rub off the skin. Cut around the peppers, a little way from the stems, and take out the pieces with the stem attached, then remove the partitions and seeds. Chop fine one onion and the pepper trimmings, discarding the stems. Let these cook with a tablespoonful of curry powder in two tablespoonfuls of butter until well softened, but not browned. Add two cups of boiled rice, sixteen shrimps, peeled and broken into small pieces, and about half a cup of chicken broth. Mix thoroughly, and use to fill the peppers, adding salt, if needed. Set the peppers on rounds of toast in a buttered au gratin dish, and let cook ten or fifteen minutes, or until very hot.

SWEET PEPPERS, STUFFED AND BAKED

If the peppers be large, cut them in halves, cross-wise, remove the seeds and cut off the stem, or leave them whole save cutting out a round place around the stem. For six peppers take about two cups of cooked meat, chicken, veal, or lamb, chopped fine. Grate or chop a small onion fine. Add also, if at hand, a tablespoonful of fine-chopped parsley or mushrooms, season with half a teaspoonful or more of salt, and mix all thoroughly. Use the mixture to fill the peppers. Set them into an agate pan, and

pour a cup of light stock or hot water around them. Bake about half an hour in a moderate oven. Baste the peppers every ten minutes. Chopped nuts and bread crumbs, half and half, or mushrooms and crumbs, may take the place of the meat. Serve on croutons (bread) or on individual fillets or medallions of beef or with planked steak.

GREEN PEPPERS, STUFFED AND BAKED

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|----------------------------|-------------------------------|
| 8 green peppers | 6 blanched almonds |
| 1 sweetbread, parboiled | 1 teaspoonful of grated onion |
| 1 peeled tomato | 1 teaspoonful of salt |
| 1 cup of boiled rice (hot) | 1½ cups of boiling water |

Select peppers that will stand level; remove a piece around the stem with the seeds. Pour boiling water over the peppers, cover and let stand half an hour. Cut the sweetbread and tomato in small pieces and the almonds in slices; mix with the other ingredients except the water and use to fill the peppers. Set into a baking dish; add the water and let cook half an hour. Set on to individual plates, pour over Hollandaise sauce and serve at once.

BROILED MUSHROOMS ON TOAST

Peel the caps. Remove the stems and set aside stems and peelings to flavor a soup or sauce. Brush over the wires of a hot broiler with a cloth, holding a bit of butter. Select a broiler with wires close together. Hold the gill side of the mushrooms to the fire first; after three or four minutes, turn the broiler,

put a bit of butter in each cap and set the skin side of the caps next the fire. After two or three minutes remove the caps to slices of hot toast spread with butter. Season the caps with salt and pepper, put a bit of butter in each cap and serve at once. Hot cream might be poured over the caps, but this is usually reserved for stewed or baked mushrooms. The gill side should be upward. The fire should be rather dull.

If moist toast be preferable, dip the edges of the slices in boiling, salted water before spreading them with butter.

MUSHROOMS STEWED IN CREAM

Remove the stems and peel the caps of the mushrooms. If the mushrooms are small, leave the caps whole, if they are large, break them in pieces. For a pint of mushrooms, scald a pint (scant measure) of thin cream; add the mushrooms and let simmer very gently about ten minutes. Add half a teaspoonful of salt. Serve on slices of toast.

MUSHROOMS COOKED IN CREAM UNDER BELLS

Melt one or two tablespoonfuls of butter in an agate frying pan; add one-fourth a pound of peeled mushroom caps and stir and cook until the butter is absorbed; add half a cup or more of thin cream, also salt and pepper as needed and let simmer a minute. Put a round of bread or toast in a mushroom dish; on this dispose the mushrooms, pour over the

liquid and cover with the glass bell. Let cook fifteen minutes in a moderate oven.

MUSHROOMS IN BROWN SAUCE

Peel fresh mushrooms and remove the stems. Dry the stems and peelings to use in another dish, at some future time. If the caps are of good size, break them into two or three pieces. For a generous or heaping cup of mushrooms melt three tablespoonfuls of butter in a frying pan; add the mushrooms and cook and stir three or four minutes, then add two tablespoonfuls of flour and one-fourth a teaspoonful of salt and stir and cook until the flour is blended with the butter; then add a cup of rich, highly seasoned, brown stock and stir until the liquid boils, then let simmer five minutes. Have ready four slices of toast spread with butter; pour the mushrooms and sauce over the toast and serve at once. Sometimes rounds of bread are cut from slices nearly two inches thick, and the center is stamped out from these rounds, to make a case, or bread patty case; the case is dipped into melted butter and browned in the oven. In these cases the mushrooms are served. When the cases are used, three-fourths a cup, rather than a full cup, of broth should be used.

STUFFED MUSHROOMS

Peel eight mushroom caps of the campestris variety. Chop the stalks and peelings with two

shallot or a slice of mild onion. Add the gills scraped from the caps, and cook in two tablespoonfuls of butter five or six minutes, stirring frequently. Add about half a cup of fine-chopped chicken, veal, tongue, or ham, or a mixture of two or more, and one-fourth a cup of white wine or of Madeira, and cook until reduced, then moisten with brown or tomato sauce (one or both), and add a teaspoonful of fine-chopped parsley, with salt and pepper as needed. Keep the mixture rather firm and consistent. Put this into the mushroom caps, rounding it up in each cap. Over the mixture spread cracker crumbs, stirred with melted butter, and set into a baking dish. Turn in three or four tablespoonfuls of veal or chicken broth, and let bake about twenty minutes. Serve at once with a sauce made of brown veal broth and tomato purée and flavored with Madeira wine.

FRESH MUSHROOMS IN CREAM SAUCE AU GRATIN

Peel the caps of the mushrooms, remove the stems, and break the caps in pieces; melt one or two tablespoonfuls of butter in a frying pan, put in the pieces of mushroom, stir and cook three or four minutes, then add enough cream sauce to make a consistent mixture; let boil once; turn into a buttered au gratin dish or into individual dishes, cover with buttered crumbs and let cook in a slow oven about ten minutes.

FRESH MUSHROOMS, WITH PEAS

Select large, cup-shaped campestris; remove the stems and peel the caps. Melt two or three tablespoonfuls of butter in a saucepan and in this turn the mushrooms over and over five minutes. Remove to a dish and fill with hot, fresh-cooked (canned peas may be used) green peas seasoned with salt, black pepper and butter. Cover the dish and let cook ten minutes in the oven. Meanwhile add butter as needed to that in the saucepan and make a white or brown sauce to serve with the dish. Have a slice of toast for each mushroom. Pour the sauce over the toast and set the filled mushrooms above or pour the sauce over the whole.

HOW TO USE DRIED MUSHROOMS

Let the mushrooms stand covered with cold water several hours or over night. As they swell while lying in the water—becoming the natural size again—care must be exercised as to the quantity taken for a dish. One-fourth a cup of dried mushrooms with the water in which they are soaked will flavor a large dish. They should be added to the dish which they are to flavor ten or fifteen minutes before it is removed from the fire. Dried mushrooms may be added to casserole dishes of all kinds, also to stews and stock. They may be chopped fine and added to any dish calling for mushrooms in a chopped form. For sauces and many dishes dried mushrooms

reduced to a powder are preferable. The stems and peelings of all fresh mushrooms should be dried as soon as removed and then set aside in a closed receptacle.

ONION PURÉE

Peel and blanch two Spanish or four common onions. Dry the onions, cut in slices and stew in milk or broth, to barely cover, until tender; press through a sieve, add one-fourth a cup of Bechamel sauce and let cook very slowly until well reduced. Let the dish rest on an asbestos mat and stir occasionally. Finish with two or three tablespoonfuls of thick cream and salt and black pepper as needed. Serve with broiled lamb chops.

CHESTNUT PURÉE

With a sharp-pointed knife cut a short slit in the shell on one side of each nut. Let cook one minute in boiling water, drain and let dry. To each pint of nuts add a teaspoonful of fat, stir and shake over the fire or in the oven until the shells absorb the fat. Insert the knife in the slit and remove skin and shell together. Keep the nuts covered, meantime, as they shell more easily when hot. Let the blanched nuts cook in water or broth until tender; drain and press through a sieve. Season with salt, pepper and butter and press through a potato ricer, or beat thoroughly and shape as desired with pastry bag and tube.

Chestnut purée is particularly good with lamb chops or small fillets of beef.

LIMA BEAN PURÉE

Green or dried beans may be used. Soak dried beans over night, drain, cover with cold water and let simmer until tender and the water has evaporated. Replenish with boiling water as needed during the cooking. Season with salt when partly cooked. A teaspoonful of salt to a cup of dried beans will be none too much. Press through a sieve, add butter or cream, black pepper and more salt if needed. Return to the fire to become hot. If the purée is to be piped around chops or other meat, stir over the fire until quite consistent, then add butter and pipe at once.

GREEN PEA PURÉE

Green pea purée may be made of peas too old to be served in the usual manner. Canned peas may also be used for the purpose. Press the drained peas through a sieve, reheat and add salt, black pepper and butter. Green pea purée is particularly good piped into nests for braised or pöeled sweetbreads.

MUSHROOM PURÉE

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|-------------------------------|--------------------------|
| 1 pound of fresh mushrooms | 2 cups of Bechamel Sauce |
| $\frac{1}{4}$ a cup of butter | Season as needed |

Wash or brush the mushrooms and chop fine; melt the butter in a saucepan, add the mushrooms

and stir until the moisture has evaporated; add the sauce and let simmer fifteen minutes. Pass through a purée sieve, season to taste and reheat without boiling. This may be used with almost any dish of fish or chicken where Bechamel sauce is designated. For a thicker purée beat in the yolks of two eggs, beaten and mixed with two tablespoonfuls of cream. Stir over the fire without boiling, two or three minutes. Stems and peelings of mushrooms may be used alone or with part caps.

CHAPTER V

ENTRÉES OF SALPICON AND CHOPPED MIXTURES ON TOAST, IN CASES, PATTY SHELLS, VOL-AU-VENT AND THE LIKE

THE materials for entrées composed of salpicon or chopped articles may be raw or cooked; one article or a combination of two or more may be used. In most of these entrées, especially if cooked materials that must be reheated delicately are employed, the heat is applied through the medium of a hot sauce. After the cooked ingredients are added to the sauce, the whole is kept hot, until the moment of serving, over hot water.

Only at the last moment should the mixture be transferred to toast, pastry or other cases. When china dishes — as egg-shirrers or tiny casseroles in silver holders — are to be used, the transference need not be delayed so long; still the mixture can be kept hot more easily in a large dish than in the small ones.

COOKED FISH, CHICKEN, VEGETABLES, ETC., CREAMED

All cooked meats to be served in cream sauce should be cut into regular-shaped pieces of as nearly uniform size as possible. Fish for use in creamed

dishes should, whenever convenient, be separated into flakes when hot. Oysters are brought quickly to the boiling point, without the addition of liquid, the saucepan being shaken occasionally meanwhile and then drained. If the oysters are large, cut them in halves before adding them to the sauce. One cup and a fourth of solid material should be allowed for one cup of sauce. When cream sauce is spoken of, the liquid employed in making the sauce is supposed to be milk. Better results are secured when half white stock and half thin cream or rich milk are used. The term *Bechamel* rather than *Creamed* should, however, be applied to the dish.

CREAMED OR BECHAMEL FISH IN SCALLOP SHELLS, DUCHESSE

Any cold cooked fish may be used. Separate into flakes while hot if convenient. For two cups of fish a cup and a half of sauce is needed. Butter scallop shells; put in a little sauce, then a layer of fish and cover with sauce. Mix one cup of cracker crumbs into one-third a cup of melted butter and spread over the sauce. Pipe a little hot duchesse potato on the edge of the fish, brush this with the beaten yolk of an egg, diluted with one or two tablespoonfuls of milk, and set into a hot oven to brown the crumbs and the edges of the potato. Creamed oysters, shrimp, lobster or crabflakes may be prepared in the same manner. If oysters are used, bring quickly to the boiling point, drain and use the liquid (strained)

with cream for the sauce. Often better results will be secured, if the article (fish or oysters, etc.) be stirred into the sauce, and this mixture used for filling the shells.

CHICKEN BREAST AND MACARONI IN CASES, ETC.

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|---------------------------------|----------------------------|
| 1 cup cubes of chicken breast | 1 3/4 cups of cream sauce |
| 1 cup inch lengths of macaroni | 1/2 teaspoonful of paprika |
| 1/4 cup of truffles (in slices) | Salt as needed |
| 1/4 cup of Parmesan cheese | China cases |

The chicken and macaroni are both measured after cooking. Stir the cheese into the hot sauce, then add the other ingredients and let stand over hot water to become very hot. This may be served plain, in china or paper cases, or covered with buttered crumbs and browned in the oven.

CREAMED CHICKEN OR FISH IN POTATO PATTIES

Press hot mashed or duchesse potato into a buttered baking-pan, making it about three-fourths an inch deep. After it is cold, cut into rounds with a French patty cutter. Stamp out the centers from half the rounds to form rings, and score the other half with the same cutter. Take out the potato inside the scoring to make a cup. With a spatula lift the cups to a buttered pan. Brush with yolk of egg, beaten and diluted with a little milk. Place the rings upon the cups, brush these with the egg, and set into the oven to become hot and browned delicately. Use as pastry patties to hold creamed chicken, fish, etc.

FRANCHINI PATTIES

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|--------------------------------|------------------------------------|
| 1 cup of cooked chicken breast | 1 1/4 cups of chicken broth |
| 1 cup of cold, boiled ham | 3 tablespoonfuls of sherry wine |
| 2 tablespoonfuls of butter | 3 tablespoonfuls of port wine |
| 2 tablespoonfuls of butter | 2 tablespoonfuls of red bar-le-duc |
| 3 tablespoonfuls of flour | (currants) |
| 1/2 teaspoonful of salt | 1 teaspoonful of lemon juice |
| 1/2 teaspoonful of paprika | |

The chicken and ham should be in half-inch cubes. Sauté the ham in the first butter mentioned until delicately browned, then skim from the butter; add the second measure of butter, when frothy add the flour and seasonings; let cook two or three minutes, then add the broth and stir until boiling; add the wine, currants and lemon juice, and when again boiling, the chicken and ham. Let stand over boiling water to become very hot. Serve in patties or Swedish timbale cases. Chicken giblets may be used in place of the ham and chicken, or sweetbreads or veal in the place of the chicken.

CREOLE PATTIES

Replace the chicken and ham in the preceding recipe with chicken livers and mushrooms, fresh or canned, in small pieces, half and half; add two pimentos in bits and substitute tomato purée for the wine. Add also a few drops of onion juice.

CREAMED CHICKEN IN PUFF CASES

Have a pint of cooked chicken in half-inch cubes. Make a sauce of one-fourth a cup, each, of butter and

flour, one cup of chicken broth and one-third a cup of cream, season with half a teaspoonful, each, of salt and paprika and add the prepared chicken. Let stand over hot water to become very hot. Have ready fresh-made or reheated cases of chou paste. Cut partly around each case to form a cover. Put in a spoonful of the mixture and serve at once. The mixture should be rather consistent. Cubes of sweet-breads, lobster, crabflakes or cooked eggs in cream sauce may be used to fill the cases.

OYSTERS IN BROWN SAUCE (FILLING FOR PUFF CASES)

Bring a quart of oysters quickly to the boiling point, then drain. Melt two tablespoonfuls of butter; in it cook a slice of onion, three or four slices of green pepper pod and two slices of carrot until browned; add one-fourth a cup of flour and stir and cook until brown; add one cup of the oyster broth and one-fourth a cup of cream, cook until boiling, strain, then add the oysters and when very hot they are ready to serve in the puff cases.

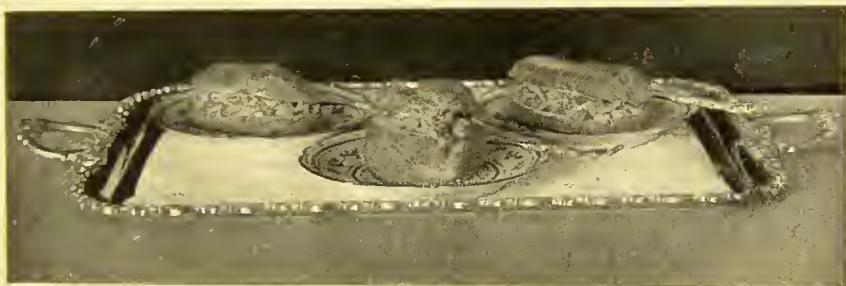
The Creamed Chicken and Oysters in Brown Sauce may also be served in pastry horns, Swedish timbale cases, on toast, etc.

CHICKEN, CREEOLE STYLE

Melt three tablespoonfuls of butter. Cook in it one tablespoonful of chopped onion and two of chopped, green pepper. When these are softened and



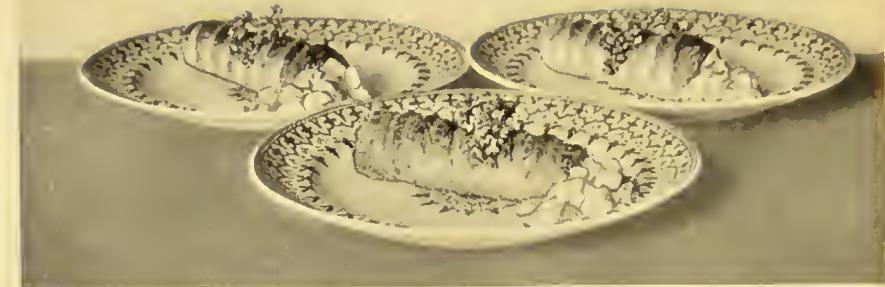
STUFFED MUSHROOMS. — *Page 120.*



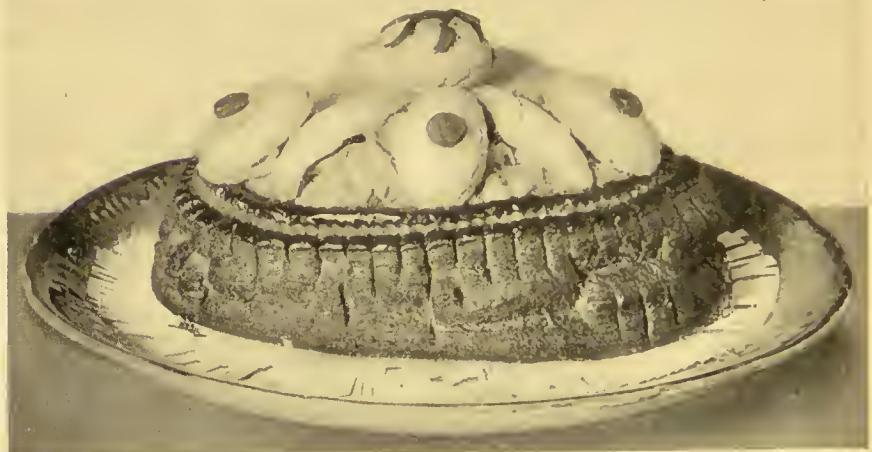
CREAMED CHICKEN IN CREAM-PUFF CASES. — *Page 129.*



CREAMED CHICKEN OR FISH, IN POTATO PATTIES. — *Page 128.*



CREAMED CHICKEN IN PASTRY HORMS. — *Page 131.*



VOL-AU-VENT WITH FILLETS AND QUENELLES. — *Page 141.*



CREAMED FISH IN POTATO CASSOLETTES. — *Page 131.*

yellow, stir in three tablespoonfuls of flour and half a teaspoonful of salt. When the flour is absorbed, add one cup of chicken broth and half a cup of tomato pulp, stir until boiling, then add a teaspoonful of grated horseradish, a teaspoonful of lemon juice, and one cup and a half of cooked chicken, cut in half-inch pieces. Serve when thoroughly hot in rice croustades or in a border of plain boiled rice.

CREAMED FISH IN POTATO CASSOLETTES

Press hot boiled potatoes through a ricer and season with salt, pepper, a little cream or milk and butter, as for the table. If convenient add one or two yolks of egg to each pint of potato. Keep the mixture quite consistent. Shape into ovals or rounds; "egg-and-bread crumb." Score the top of each lightly about a quarter of an inch from the edge. Fry in deep fat; cut around the scoring and take out the center, to leave a case with walls one-third of an inch thick. Use as cases for hot creamed fish, sweetbreads, chicken, peas, etc.

CREAMED CHICKEN IN PASTRY HORNS

Use puff or flaky (ordinary pastry into which butter has been rolled) pastry. Cut the paste, rolled into a sheet, into long strips half an inch wide, and roll them around lady-lock molds (tin or wood), taking care that each round of paste overlaps the one before it. Brush over with beaten yolk of egg. Set on a baking sheet and bake in a quick oven.

Slip from the molds and fill with cooked chicken, cut in cubes and made hot in cream or Bechamel sauce. Use a generous cup of chicken for a scant cup of sauce. That is, in making each cup of sauce use a scant cup of liquid (cream and chicken broth or rich milk alone) to each two tablespoonfuls of flour and butter. Fill the horns with the mixture and set a generous spoonful at the large opening of the horn. Sweetbreads, clams, lobster, shrimps, peas and asparagus in cream sauce may be used in place of the chicken mixture.

CHICKEN ALLEMAND FOR PATTIES, ETC.

| | |
|----------------------------|------------------------------------|
| 2 tablespoonfuls of butter | 6 canned mushrooms in halves |
| 2 tablespoonfuls of flour | 1 truffle cut in small pieces |
| 1/4 teaspoonful of salt | 1 1/4 cups cooked chicken in cubes |
| 1/4 teaspoonful of pepper | 1 yolk of egg, beaten |
| 1/4 teaspoonful of nutmeg | 2 tablespoonfuls of thick cream |
| 1 cup of chicken stock | |

Prepare in the usual manner, adding, at the last, the beaten yolk mixed with the cream.

HOT CHICKEN SALAD

| | |
|------------------------------------|------------------------------|
| 1 pint of cooked chicken, in cubes | 1 teaspoonful of lemon juice |
| 1 cup of cooked peas | 1/4 cup of butter |
| 1/2 teaspoonful of salt | 1/4 cup of flour |
| 1/4 teaspoonful of black pepper | 1/2 teaspoonful of salt |
| 1 teaspoonful of onion juice | 1 cup of cream |
| 1 pimento cut in small squares | 1 cup of chicken broth |

Mix the chicken, peas, salt, pepper, onion juice, lemon juice and pimento, and set aside in a cool place to marinate. Make a sauce of the butter, flour,

seasonings, cream and broth; add the marinated ingredients and let stand over hot water to become very hot. This is good served from a chafing dish.

CHICKEN À LA KING

(Often served from chafing dish)

| | |
|-----------------------------------|--|
| 2 tablespoonfuls of butter | 3 cups of cooked chicken |
| $\frac{1}{2}$ green pepper | $\frac{1}{4}$ cup of butter |
| 1 cup fresh mushroom caps | 3 yolks of eggs |
| 2 level tablespoonfuls of flour | $\frac{1}{2}$ teaspoonful of onion juice |
| $\frac{1}{2}$ teaspoonful of salt | 1 tablespoonful of lemon juice |
| 1 pint of cream | $\frac{1}{2}$ teaspoonful of paprika |

Melt the butter; in it cook the mushroom caps, peeled and broken in pieces, and the pepper, chopped fine. After three or four minutes add the flour and salt, and stir and cook until frothy; add the cream and stir until the sauce boils. Set over hot water, add the chicken, cut in cubes, cover and let stand to become hot. Cream the butter; beat in the yolks of eggs, onion juice, lemon juice and paprika, and stir into the mixture. Continue the stirring until the egg is set. Serve on toast, in patty or Swedish timbale cases or in china ramekins.

CHICKEN À LA KING, WALDORF STYLE

| | |
|--------------------------------------|--|
| 2 tablespoonfuls of butter | 2 cups of cream |
| $\frac{1}{2}$ green pepper, chopped | 3 cups of cooked chicken |
| 1 cup fresh mushroom caps | $\frac{1}{4}$ cup of butter |
| 2 tablespoonfuls of flour | 3 yolks of eggs |
| $\frac{1}{2}$ teaspoonful of salt | $\frac{1}{4}$ teaspoonful of onion juice |
| $\frac{1}{4}$ teaspoonful of paprika | 1 tablespoonful of lemon juice |

Melt the butter; add the pepper and the mushroom caps, peeled and broken in pieces, and stir and

cook three or four minutes; add the flour, salt and paprika and cook until frothy; then add the cream and stir until the whole is smooth and boiling. Set over boiling water, add the chicken (cut in cubes) cover and let stand to become very hot. In the meanwhile beat the one-fourth cup of butter to a cream, beat in the seasonings and then the yolks of eggs, one at a time; add the mixture to the hot chicken mixture, and stir until the egg is set. Serve on toast or in patty shells, etc.

SWEETBREADS, SHRIMPS, FINNAN HADDIE, HALIBUT, CRAB FLAKES OR LOBSTER NEWBURG

Recipe I

| | |
|----------------------------|--------------------------|
| 1 teaspoonful of butter | 1 cup of thin cream |
| 1 tablespoonful of flour | 2 cups of solid material |
| 1/4 teaspoonful of salt | Yolks of 2 eggs |
| 1/4 teaspoonful of paprika | 1/4 cup of sherry wine |

Make a sauce of the first five ingredients; add the solid ingredient cut in small pieces of uniform shape and size, mix thoroughly and let stand over boiling water until very hot, then stir in the yolks, beaten and mixed with the wine, and serve at once on toast, in china cases, patties or other similar style.

Recipe II

| | |
|---------------------------------------|-------------------------|
| 2 tablespoonfuls of butter | 1/4 cup of sherry wine |
| 2 cups of solid ingredient | Grating of nutmeg |
| 1/2 teaspoonful of salt at discretion | Yolks of 4 eggs, beaten |
| 1/4 teaspoonful of paprika | 1 cup of cream |

Melt the butter, and stir the solid ingredient in the butter till hot; add seasonings and wine and stir until the wine is absorbed, then stir in the beaten eggs mixed with the cream. Serve as above. This is the most approved recipe.

FRESH MUSHROOMS, NEWBURG

Remove stems and peel the caps of one pound of fresh mushrooms. Break the caps in pieces if large, if not leave them whole. Let simmer very gently ten minutes in two cups of milk. Skim out the mushrooms. Cream together two and one half tablespoonfuls, each, of butter and flour, add half a teaspoonful, each, of salt and pepper and stir into the hot milk; continue the stirring until smooth and boiling; then add the mushrooms and let cook over boiling water. Beat the yolks of two eggs, add one-fourth a glass of sherry and stir into the mixture. Serve on toast or in cases.

OYSTERS À LA POULETTE

| | |
|------------------------------|---------------------------------|
| 1 quart of oysters | 1 teaspoonful of salt |
| 1½ cups of hot chicken broth | ½ teaspoonful of pepper |
| 4 yolks of eggs | 1 tablespoonful of fine-chopped |
| ¾ cup of cream | parsley |
| A grating of nutmeg | 1 tablespoonful of lemon juice |

Pour a cup of cold water over the oysters, pick up each oyster separately, rinse in the liquid and remove bits of shell if present. Heat the oysters to the boiling point in the chicken broth. The broth is better if

flavored with onion, celery, carrot and parsley. Beat the yolks, add the cream and stir into the hot mixture. Cook and stir, over boiling water, until the sauce thickens; add the other ingredients and serve at once. A cup of canned button mushrooms, cut in halves, lengthwise, may be added just before the eggs. Fresh mushroom caps, peeled, broken in pieces and simmered ten minutes in the chicken broth before the oysters are added, give a very choice dish. Two tablespoonfuls of flour cooked in two tablespoonfuls of butter are sometimes stirred into the broth before the oysters are added.

CADGEREE OF SALMON

| | |
|-----------------------------------|-----------------------------------|
| 2 cups of cooked salmon in flakes | 2 cups of Bechamel Sauce flavored |
| 4 hard-cooked eggs cut into half | with curry |
| inch cubes | 1 cup of rice cooked as Turkish |
| | Pilaf |

Mix the salmon and eggs through the sauce; make a border of the pilaf on a serving dish and turn the fish mixture into the center. The recipe for Turkish Pilaf will be found in Chapter IV.

LOBSTER, AMERICAN STYLE

This dish is made preferably from live lobster, but as this is inconvenient except in a few localities, directions are given for lobster previously cooked. Rub an agate stewpan with a clove of garlic, cut in halves; add one or two tablespoonfuls of butter or olive oil and when hot put in the meat of a two or

three pound lobster, cut in small pieces, turn them over and over until hot, then add two tablespoonfuls of tomato purée, one teaspoonful of chopped parsley, one-fourth a teaspoonful of cayenne, one-third a cup of Sauterne, one-fourth a cup of burnt brandy, half a cup of well-reduced fish broth and a tablespoonful of meat glaze. Cover and let become hot, shaking the pan, occasionally, to mix the ingredients. Add salt as needed, and a tablespoonful of butter, in little bits. Lobster coral pressed through a sieve or chopped fine should be added when available.

LOBSTER, CARDINAL

Cut the lobster into small cubes; add an equal weight of fresh mushrooms, broken in pieces and cooked in broth or in butter, also two or three truffles, cut in tiny cubes. Make hot without boiling, in Cardinal sauce. Use three-fourths a cup of sauce for each cup of material. Serve in china cases or in patty shells, etc. This dish is often covered with grated cheese and melted butter, and set to glaze in a very hot oven.

LOBSTER, CLARENCE

When convenient select live lobster and let simmer about twenty minutes in Court bouillon. Cut the meat in slices and allow (to a cup and a fourth of meat) a cup of Bechamel sauce, made with half to a full teaspoonful of curry powder. Pound the creamy portions of the lobster and the coral, if present, with

two tablespoonfuls of cream, and strain through a sieve into the sauce; mix the coral through the sauce before adding it to the lobster. Lobster should be stirred as little as possible that the pieces may be kept intact. Serve in a border of rice cooked à la Indienne (with curry powder). Cook the rice (one cup) in stock or water with a teaspoonful of curry powder; add half a cup of butter just before removing from the fire. Pilaf rice may be used in place of rice Indienne.

LOBSTER JAMBALAYA

| | |
|--|--------------------------------------|
| 2 pounds of lobster | 2 tablespoonfuls of flour |
| $\frac{1}{4}$ cup rice boiled tender | $\frac{1}{2}$ teaspoonful of salt |
| $\frac{1}{2}$ an onion and | $\frac{1}{2}$ teaspoonful of paprika |
| $\frac{1}{2}$ green pepper pod, chopped fine | 2 cups tomato purée |
| 2 tablespoonfuls of butter | |

Have the meat of the lobster removed from the shell and cut in small pieces. Sauté the chopped vegetables in the butter until softened and yellowed, but not browned. Add the flour and condiments, and when frothy, the purée; stir until boiling; set over hot water and stir in the rice and lobster.

LOBSTER IN GREEN PEPPER CASES

| | |
|---|---|
| 2 pounds of lobster | 1 cup of milk or fish stock |
| 2 tablespoonfuls of butter | 2 yolks of eggs, beaten |
| 2 tablespoonfuls of flour | $\frac{1}{4}$ cup of cream |
| $\frac{1}{2}$ teaspoonful of curry powder | 3 tablespoonfuls of port wine (at discretion) |
| $\frac{1}{2}$ teaspoonful of paprika | |
| $\frac{1}{4}$ teaspoonful of salt | Dried coral, sifted |

Prepare a curry sauce, add the meat of the lobster cut in small pieces; when hot, stir in the beaten yolks, mixed with the cream. Dip the edge of the peppers prepared to hold the mixture in the coral, dried and sifted, then fill with the preparation.

LITTLE CHICKEN PIES, MODERN STYLE

Put about half a cup of creamed chicken (oysters, mushrooms or sweetbreads may be added) into hot earthen dishes; set one, two or three (according to size of dish) tiny, hot, baking-powder biscuits above and serve at once. A round of puff paste may replace the biscuits.

REGARDING VOL-AU-VENT

Vol-au-vent cases filled with creamed or other mixtures belong in this division of entrées. Any of the salpicon mixtures given in this chapter may be used for the filling of these large pieces of pastry. Quenelles of chicken, veal, game or fish shaped in teaspoons with parboiled oysters, slices of sweet-bread, truffles or mushrooms in a rich brown, Bechamel or Allemand sauce is a good combination and one a little out of the ordinary. A simple way of shaping and poaching quenelles for such a filling is as follows: Have ready a buttered paper of size suitable to spread over a saucepan of boiling water or stock. With a pastry bag and small plain tube form fluted quenelle shapes on the paper to cover it.

Invert the paper on the top of the saucepan of liquid when the quenelles will float off. Let stand, without boiling, until firm throughout. Skim out, drain on a soft cloth, and they are ready to use. These should be about one inch long and wider in the middle than at the ends.

In Chapter II will be found recipes for puff paste, baba, brioche and chou paste, all of which are used for large cases. A puff-paste vol-au-vent is shown at page 45. Recipes for the fillets of chicken and the quenelles used in ornamentation are given in this chapter. More delicate quenelles may be made by any one of the recipes given under forcemeat.

VOL-AU-VENT OF EGG TIMBALES, SLICED, AND PEAS

Prepare puff paste with half a pound, each, of flour and butter, and use in making a vol-au-vent. Prepare the recipe for egg timbales, turn from the molds and let cool. Cut the timbales in even slices, one-fourth an inch thick. Have ready half the measure of cooked peas, and by measure three-fourths as much Bechamel sauce as peas and slices of timbale. Reheat the pastry, if cold; turn in the solid ingredients, made very hot in the sauce. Set the cover in place and serve at once. Slices of hard-cooked eggs may be used in place of the slices of timbale, also other varieties of timbale or of vegetables may be served in this way.

**VOL-AU-VENT DECORATED WITH CHICKEN
FILLETS AND QUENELLES**

Fill a vol-au-vent case (a large puff paste patty; in this case of oval shape) with cooked chicken, cut in cubes, and mushrooms, broken in pieces and sautéed in butter, mixed with a thick cream or Bechamel sauce. Garnish the top with chicken fillets and quenelles.

A vol-au-vent seven inches in diameter will serve eight portions.

CHICKEN FILLETS

Remove the breast of a chicken, and separate it into large and small fillets. Cut the large fillets into slices the size of the small fillets. Remove the tendons from the small fillets and the skin from the large ones. Lay the fillets, side by side, in a buttered baking-pan, pour in a little stock, cover tight with an oiled paper, and cook in a hot oven about ten minutes. Dip each fillet in the hot sauce to be used in filling the case, and set in place.

CHICKEN QUENELLES

Use the meat on the breast and wings of a chicken. Scrape the pulp from the fiber and pound in a mortar. To one cup of pulp add half a cup of bread panada and pound again, adding, meanwhile, two tablespoonfuls of butter, one egg, four tablespoonfuls of cream, and a generous fourth a teaspoonful of salt. Pass the mixture through a purée sieve. Cook a

portion in a kettle of water at the simmering point, and, if too firm, beat in more cream. If properly made, this mixture will not lack in consistency, but it may be too firm. If so, beat in cream until, when tested, the consistency is agreeable.

Shape the mixture in two spoons, dessert size, wet in boiling water. Slip from the spoon to simmering water, and let cook about fifteen minutes. The quenelles may be decorated with figures cut from truffles or cold pickled tongue. Press the decorations upon the upper side of the quenelle after shaping.

MINCED ROAST BEEF, BORDELAISE

Cut cold roast ribs of beef or roast fillets into the thinnest slices possible, trimming off all bits of gristle, fat, etc., meanwhile. Over a generous pint of such slices pour a scant pint of Bordelaise sauce. Let stand over hot water two or three minutes but on no account allow the sauce to boil. Serve on hot buttered toast, or, pour over a bed of hot macaroni. With the macaroni increase the quantity of sauce to two and one half cups. One half a cup of macaroni, broken in half-inch lengths, should be cooked.

MINCED ROAST BEEF, PERIGUEUX

Same as above, using Perigueux sauce in place of Bordelaise. Serve in a hot baba case or vol-au-vent.

MINCED ROAST BEEF, TOMATÉE

Same as above, using a rich tomato sauce. Serve within a border of plain boiled rice seasoned quite highly with paprika. The serving dish should be made hot for all these dishes of beef.

HASHED LAMB, PROVENÇALE

| | |
|---|-------------------------------------|
| 2 cups of cold roast lamb, chopped | $\frac{1}{2}$ teaspoonful of pepper |
| 1 onion chopped | $\frac{1}{2}$ cup of tomato purée |
| 4 tablespoonfuls of butter | 1 cup of rich stock |
| 1 cup of fresh mushrooms peeled and broken in pieces | 4 or 6 rounds of toast |
| $\frac{1}{4}$ cup of flour | 4 or 6 halves of tomatoes, broiled |
| $\frac{1}{2}$ teaspoonful of salt | 2 tablespoonfuls of butter |

Cook the onion and mushrooms in the butter — the mushrooms may be omitted — add the flour, salt and pepper, cook until frothy; add the purée and stock, stir until boiling, then add the meat. Dispose on the toast and set the halves of tomato above. Broil the tomatoes in a well-oiled broiler. Sprinkle with salt and pepper and set a bit of butter on the top of each.

BEEF TONGUE, POIVRADE STYLE

| | |
|-------------------------------------|--|
| 1 ounce of fat salt pork or bacon | $\frac{1}{3}$ cup of Sultana raisins |
| 2 slices of onion | 4 tablespoonfuls of butter |
| $\frac{1}{2}$ carrot | 4 tablespoonfuls of flour |
| $\frac{1}{4}$ bay leaf | $\frac{1}{2}$ teaspoonful of salt |
| 12 pepper-corns | 3 tablespoonfuls of currant jelly |
| 1 sprig of parsley | 3 tablespoonfuls of Madeira wine |
| $\frac{1}{4}$ cup of vinegar | 1 pint of cold cooked tongue cut in cubes |
| 1 $\frac{1}{2}$ cups of brown stock | |

Cut the pork, onion and carrot in bits; add the bay leaf, peppercorns and parsley, and stir and cook until slightly browned. Drain off the fat, add the vinegar to the vegetables and let stand on the back of the range until reduced one-half; strain into the stock, pressing out all the juice possible. Use this stock with the butter and flour in making a sauce. Meanwhile cook the raisins in boiling water until they are tender and the water has evaporated. Add these with the jelly and tongue to the sauce. When very hot add the wine and salt and serve.

CHOP SUEY

Cut tender fresh pork (lean) and chicken, one or both, into very thin pieces an inch and a half in length and half an inch wide. Sauté these in fat tried out of fresh pork. Have ready half as much (in bulk), or more, of celery, cut transversely in inch lengths, and an onion, cut in small pieces. To the browned meat add the celery and onion, cover the whole with boiling water, chicken, or veal broth, and let simmer until nearly tender. Then add peeled mushrooms, few or many, according to taste or convenience, sautéed in the fat from which the meat was taken. For about a quart of material stir a level tablespoonful of cornstarch with cold water to make a liquid paste, then stir it into the hot mixture. Continue stirring until the mixture boils, then add one or two tablespoonfuls of West India molasses, a teaspoonful

or more of salt, and a tablespoonful or more of China soy. Enough soy should be added to make the dish of dark color. The molasses should give a slightly sweet taste. There should not be too great an abundance of sauce. China soy (a dark-colored Chinese sauce) can be purchased in half-pint or pint bottles at about \$1.50 and \$2.25 per bottle, respectively.

KIDNEYS SAUTÉ ON TOAST

Purchase six veal or lamb kidneys. Remove the outer skin, then cut the kidneys into round slices about one-third an inch thick. Let the slices stand covered with cold, salted water about half an hour, then drain and dry on a cloth. Melt three tablespoonfuls of butter in a small saucepan; in it cook a slice of onion and two of carrot; when the vegetables are delicately browned, remove them and put in the pieces of kidney and stir constantly while cooking one minute, then add two tablespoonfuls of flour and stir while cooking one minute, or until the flour is blended with the butter; then add one cup of highly-seasoned brown stock and stir constantly until the sauce is brought quickly to the boiling point. Season with salt and pepper. Lemon juice, Worcestershire sauce, wine or chopped parsley are often used to flavor the dish. Fresh mushrooms are often cooked with the kidneys. Serve on buttered toast.

TERRAPIN, PHILADELPHIA STYLE

Immerse the terrapin, one by one, in boiling water. Let them remain in the water only long enough to loosen, and remove the outer skin on rubbing with a cloth. When all are cleaned, put them in a saucepan with a teaspoonful of salt to a quart of boiling water. Let simmer about three-fourths an hour, then cool in the water. When cold, remove the bottom shell, and separate the flesh at the joints, and cut it into pieces. Remove the gall from the liver, and the skin from the eggs. Cut the liver in slices. Cover the flesh, eggs, and liver with the liquid in which it was cooked and sherry wine, half and half. Set the dish over boiling water, and, when very hot, stir in (to each quart) half a cup of butter, beaten to a cream, and mixed with the sifted yolks of six hard-cooked eggs, a teaspoonful of salt (less may be needed), and a dash of black pepper. Beat in the butter a little at a time. Cream is sometimes substituted for a part of the terrapin broth.

TERRAPIN, NEW YORK STYLE

Use with the wine equal measures of the liquid in which the terrapin was cooked and rich brown sauce. Then finish with the butter and egg yolks.

TERRAPIN, BALTIMORE STYLE

Cook two ounces of butter until nut-brown in color. Add the terrapin. Mix thoroughly, then add

the terrapin broth and Madeira. Thicken with arrowroot or cornstarch diluted with wine. Season with salt and pepper, and finish with two ounces of butter (for a quart of terrapin).

CHAPTER VI

CROQUETTES, CUTLETS AND AU GRATIN DISHES

THE dishes in this chapter are largely made up of salpicon mixtures of cooked ingredients, enclosed when cold in egg and crumbs, batter or paste, and fried, sautéd, baked or cooked au gratin. That is, they are largely mixtures cooked a third time, regarding the reheating in the sauce as a cooking process. In all cases where the ingredients have been previously cooked, the last cooking is simply to reheat while "setting" a crust upon the exterior of the article. The foundation of many of the dishes in this chapter is simply a salpicon mixture like the ones given in the previous chapter, except that the sauce which holds the bits of meat, fish, etc., together is much thicker. This point is essential for the reason that these articles are to be shaped by hand, and will have but a superficial coating to hold them in shape. The meat, fish, etc., to be used in croquettes and cutlets may be chopped, but the choicest products are those in which the articles are cut in tangible pieces of some size, each of which, in the finished product, is surrounded by a creamy sauce. Such croquettes are entirely different from those made of fine-chopped

meat, stirred through a little sauce. The latter, however, are easier, perhaps, to handle. For a high flavored croquette, cook a slice of onion, two slices of carrot, two fresh mushrooms shredded, and a sprig of parsley in the butter to be used in making the foundation sauce; add the liquid, — well flavored stock, after the flour has been cooked in the butter, and stir until boiling; then strain over the beaten egg. Do not allow the sauce to boil after the addition of the egg, but in every case stir and cook until the egg is "set," or the mixture will stick to the fingers while shaping it. Veal or chicken broth, which jellies upon cooling, may be used, in whole or part, as the liquid in any croquette mixture. By this means, the mixture when chilled is firm, and the croquettes when fried are particularly moist and creamy. It should be needless to add that all bone, gristle or unedible portions should be removed from articles to be mixed with a sauce.

SHAPING CROQUETTES AND CUTLETS

When salpicon mixtures are thoroughly chilled, they may be shaped in any desired form with ease. A slightly rounding tablespoonful of the mixture is usually taken for each separate shape. First of all, roll the mixture in the hands into balls, and shape each ball as rolled, on a bed of sifted bread crumbs, into the form desired. When a cork shape is the

choice, roll the ball under the hand to lengthen it, at the same time using more pressure at one end; take up carefully in the hand and pat, first one end and then the other, in the crumbs, and the croquette is shaped.

For a cutlet shape flatten the ball, leave one end and side round, and with the fingers hollow one side and draw the end to a broad point. With a little experience one may give the mixture any shape desired. After all are shaped, dip beaten egg, diluted with at least an equal bulk of milk or water, over each in turn, and at once roll in crumbs and set aside as ready to fry. See Frying, Chapter II. A tablespoonful or more of fine-chopped parsley may be stirred through the crumbs to be used for the last crumbing. Bread crumbs that are taken from the center of a stale loaf and sifted give the best results. Other shapes will be described under special recipes.

OBSERVATIONS BY AN EXPERIENCED CROQUETTE MAKER

Long practice in croquette making for a large family who are fond of croquettes, has led me to economize the time spent in their manufacture in every possible way. There are many rules for them in the cook books but one does not always have enough time at one's disposal to follow the conventional directions. I have learned, by long prac-

tice, one or two points in which time is gained. Carry on the whole manufacture in *fours*, and many motions of your hands are saved. Put the crumbs in a small, deep pie plate, the beaten egg in another; with a fork toss four shapes of croquette mixture in the crumbs; roll them about, with almost one motion of the hand; remove to the egg, which can be thrown over them all almost at once, and then the four are back in the crumbs again, the final rolling and shaping being with the fingers.

I would also suggest, that when eggs are dear, the "one tablespoonful of water to each egg," allowed in the cook books, can be almost indefinitely extended, with no difference in the process of frying, or the appearance of the croquette except the delicacy of the crust. Nearly as much water as egg can be used. Practice will enable one to add the amount of water to the egg, to correspond with the amount of croquette mixture, so that none of the egg and water is wasted. No matter how thin the crust is, the thinner the better, if it will hold its contents.

Dry the croquettes on several folds of soft paper laid on a tin at the mouth of the oven. Serve on a hot napkin or a dish paper, or on individual plates. A spoonful of green peas is often served at the side of a croquette on an individual plate. But, as the crust should remain crisp and the peas in contact will soften it, it were better to serve the accompaniment in a dish apart. Asparagus tips, string beans,

vegetable purées, tomato and Perigueux sauce are all appropriate with croquettes.

SERVING AU GRATIN

(1) Dishes served au gratin, meats, fish, vegetables, etc., in a sauce, are always cooked in advance and are usually, though this is not essential, warm when the mixture that is to produce the au gratin effect is applied. For a single dish holding about a quart, or a pint of material in individual dishes, one cup of cracker crumbs and one-third a cup of melted butter are needed. Mix the butter with a silver fork evenly through the crumbs, then spread over the top of the preparation in the dishes. Set into the oven long enough to brown the crumbs. Then serve at once. The temperature of the oven should be adapted to the temperature of the mixture covered with the crumbs. If the mixture be hot when the crumbs are spread, the oven should be quite hot; but if the preparation has been standing some time, a cooler oven is essential that the whole may be heated through before the crumbs become browned.

(2) Cooked macaroni, noodles, gnocchi, etc., with or without sauce, are covered with cracker crumbs, grated cheese and melted butter. The cheese and crumbs are stirred into the melted butter, and the whole is sprinkled over the dish. The oven should not be too hot. Use one cup of crumbs and one cup of grated cheese to one-third a cup of melted butter.

GENERAL RECIPE FOR CROQUETTES

| | |
|--|---|
| 1½ cups of cooked material, cut in small, regular cubes | 1 egg, beaten light USED AT DISCRETION |
| ¼ cup of butter | ½ cup of mushrooms, truffles, or pickled tongue, cut in tiny cubes |
| ½ cup of flour | |
| 1 cup of chicken stock or milk | |
| ½ cup of cream | A grating of nutmeg |
| ½ teaspoonful, each, of salt and pepper | ½ teaspoonful of grated onion or 1 slice of onion, cooked in the butter |

Melt the butter; in it cook the flour and seasonings; add the broth and stir until boiling; add the cream and again stir the sauce till it boils; remove to a cooler part of the range, add the egg and stir until the egg is "set," but without allowing the sauce to boil. Add the meat and such additional flavoring articles as is desired. Let stand to become hot throughout, stirring occasionally, then turn on to a shallow plate to become cold and firm.

CUP-SHAPED CROQUETTES, WITH GREEN PEAS

Prepare a croquette mixture, using fish, lamb, veal or chicken, by the formula given for croquettes. When the mixture is cold shape it into balls, make a depression in each ball, thus forming cup shapes. Roll these in sifted crumbs, then brush with beaten egg and again roll in crumbs. Fry in deep fat and drain on soft paper. Fill the open spaces with hot green peas, seasoned with salt, black pepper and butter.

CHICKEN CROQUETTES, WITH BROILED TOMATOES

| | |
|---|--|
| $\frac{1}{3}$ cup of butter | $\frac{1}{2}$ teaspoonful of paprika |
| 1 slice of onion | 1 cup of chicken stock |
| 2 slices of carrot | $\frac{1}{3}$ cup of cream |
| $\frac{1}{2}$ cup of flour | 1 egg beaten light |
| $\frac{1}{2}$ teaspoonful of salt (scant) | 1 $\frac{1}{2}$ cups of chicken, in tiny cubes |

Cook the vegetables in the butter until yellowed, then continue with the sauce; when the egg is "set," add the chicken that has been cut in tangible pieces, — not chopped. Shape in balls. Egg-and-bread crumb and fry as usual. Have ready halves of tomatoes, brushed over with butter and broiled, one for each croquette. Set the croquettes upon the tomatoes, pour a white or cream sauce around them, and serve at once. The recipe makes six or eight croquettes.

OYSTER CROQUETTES, NO. 1

| | |
|----------------------------------|--------------------------------------|
| 1 quart of oysters | $\frac{1}{2}$ teaspoonful of salt |
| 1 cup of cold water | $\frac{1}{2}$ teaspoonful of paprika |
| 2 level teaspoonfuls of gelatine | 1 cup of oyster broth |
| 3 tablespoonfuls of cold water | $\frac{1}{2}$ cup of cream |
| $\frac{1}{3}$ cup of butter | 1 tablespoonful of lemon juice |
| $\frac{1}{3}$ cup of flour | 1 egg, beaten light |

Pour the cold water over the oysters, examine each oyster and wash carefully to remove bits of shell. Strain the liquid over the oysters and heat the whole quickly to the boiling point. Skim out the oysters and cut each in two or three pieces. Soften the gelatine in the cold water. Make a sauce of the other ingredients, adding the egg last and

stirring until it is "set;" add the gelatine, then the oysters. Let become cold and finish as usual.

OYSTER CROQUETTES, NO. 2

| | |
|--------------------------------------|------------------------------|
| 1 quart of raw oysters or | $\frac{1}{3}$ cup of cream |
| 1 pint of cooked oysters (scant) | 1 egg, beaten light |
| $\frac{1}{4}$ cup of butter | AT DISCRETION |
| $\frac{1}{2}$ cup of flour | 1 teaspoonful of lemon juice |
| $\frac{1}{2}$ teaspoonful of salt | 1 teaspoonful of onion juice |
| $\frac{1}{2}$ teaspoonful of paprika | Chopped parsley |
| 1 cup of chicken stock | |

Scald the oysters, drain and cut into two or three pieces; the white button portion may be discarded if desired. Make a sauce of the butter, flour, seasonings, stock and cream; add the egg and let cook, stirring constantly until set, then stir in the prepared oysters and such other seasonings as are used. When chilled and firm shape, egg-and-crumb and fry in deep fat. The oyster broth may be used in making the sauce; chicken stock is suggested because, as it jellies when cold, the mixture is easily handled. Serve with sauce tartare or cucumber salad.

SCALLOP, CLAM, SHRIMP, FISH AND LOBSTER CROQUETTES AND CUTLETS

Prepare by either of the above recipes.

MACARONI CROQUETTES

| | |
|--------------------------------------|---|
| Scant cup of macaroni | $\frac{1}{4}$ teaspoonful of paprika |
| 3 tablespoonfuls of butter | $1\frac{1}{4}$ cups of milk or broth or |
| 3 tablespoonfuls of flour | tomato purée |
| $\frac{1}{2}$ teaspoonful of salt | $\frac{1}{2}$ cup of grated cheese |
| $\frac{1}{2}$ teaspoonful of mustard | 1 egg, if desired |

Cook and blanch the macaroni. Make a sauce with the other ingredients, add the cheese or beaten egg, if desired, and the macaroni. Turn on a buttered agate plate to make a sheet a generous half inch in thickness. Let stand some hours to become cold. With a biscuit cutter stamp into rounds. Egg-and-bread crumb and fry in deep fat. Cover the mixture while cooling with a buttered paper to avoid the formation of a crust.

RICE CROQUETTES

| | |
|----------------------|-----------------------------------|
| 1 cup rice, blanched | $\frac{3}{4}$ teaspoonful of salt |
| 4 cups of milk | |

Cook the blanched rice in the milk with salt until it is tender and the milk is nearly absorbed. Do not let the rice get too dry. Let cool sufficiently to handle. Take up the rice in rounding tablespoonfuls, form into cylinder or other shapes, egg-and-bread crumb, and fry in deep fat. Serve hot with cheese sauce. The foundation of the sauce may be either a cream or tomato sauce.

RICE AND CHEESE CROQUETTES

| | |
|--------------------------------------|------------------------------------|
| 1 tablespoonful of butter | $\frac{1}{4}$ cup of milk |
| 1 tablespoonful of flour | 1 cup of cooked rice |
| $\frac{1}{4}$ teaspoonful of salt | 4 tablespoonfuls or more of grated |
| $\frac{1}{4}$ teaspoonful of paprika | cheese |

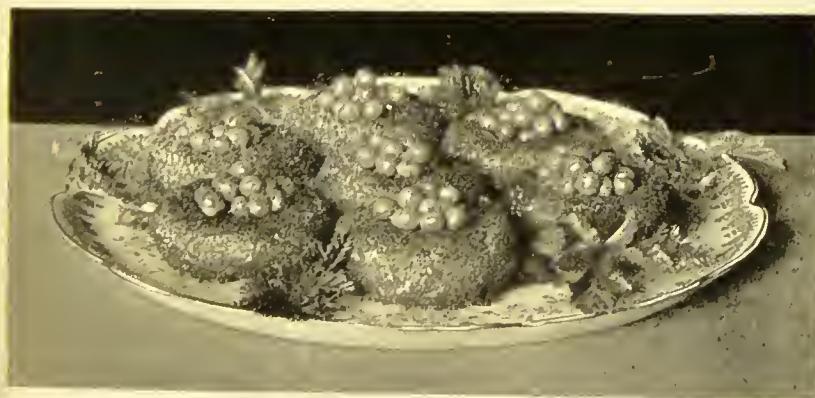
Make a sauce of the first five ingredients and stir in the rice and the cheese. The rice may be hot or cold, but the grains must be distinct. Mix with a



MACARONI CROQUETTES AND CELERY. — *Page 155.*



SHAPING, DRAINING AND FRYING CROQUETTES. CROQUETTES SHAPED WITH
TWO SPATULA. — *Page 151.*



CUP - SHAPED CROQUETTES WITH GREEN PEAS. — *Page 153*



SAVORY KORNLET CROQUETTES. — *Page 157.*



SALMON CUTLETS. — *Page 158.*



RICE CROQUETTES, CHEESE SAUCE. TOMATO - AND - LETTUCE SALAD. — *Page 156.*

silver fork. When cold shape into six croquettes and finish as usual.

SAVORY KORNLET CROQUETTES

| | |
|-----------------------------------|-----------------------------------|
| 3 tablespoonfuls of butter | $\frac{1}{4}$ cup of tomato purée |
| 1 slice of onion | 1 cup of kornlet or corn purée |
| $\frac{1}{2}$ green or red pepper | 1 egg |
| 4 tablespoonfuls of flour | Bread crumbs, sifted |
| $\frac{1}{2}$ teaspoonful of salt | Chopped parsley |

Melt the butter; in it cook the onion and pepper, chopped very fine. When the vegetables are softened and slightly yellowed, add the flour and salt; stir until bubbling; add the tomato, and stir until boiling; add the kornlet, let boil up once, then turn upon a buttered plate. When cold form into eight cylinder shapes, roll in sifted crumbs, beaten egg and crumbs. Fry in deep fat. Fine-chopped parsley mixed through the crumbs is always a pleasing addition to croquettes.

SHAD ROE CUTLETS

| | |
|---------------------------------------|-----------------------------------|
| 2 cups chicken broth | $\frac{1}{4}$ cup of butter |
| $\frac{1}{2}$ cup of canned tomatoes | $\frac{1}{2}$ cup of flour |
| $\frac{1}{2}$ green or red pepper pod | $\frac{1}{2}$ teaspoonful of salt |
| $\frac{1}{2}$ onion | 1 $\frac{1}{2}$ cups of broth |
| 1 branch of parsley | 1 yolk of egg |
| 3 slices of carrot | 2 cups of shad roe |

Simmer the first six ingredients twenty minutes, then strain and use what is needed as the broth in making the sauce; add the yolk and when set the roe, cut in small cubes. Roll when cooled into balls, flatten and shape these into cutlets, egg-and-bread

crumb, and fry in deep fat. Serve with them fresh cucumbers or tomatoes with French dressing.

TOMATO FRITTERS OR CUTLETS

| | |
|--------------------------|-------------------------------|
| 1 can of tomatoes | 1/2 teaspoonful of paprika |
| 1/2 onion | 1/4 cup of butter |
| 6 cloves | 1/2 cup of cornstarch |
| 1 tablespoonful of sugar | 1 egg, beaten light |
| 1 teaspoonful of salt | 1 egg and sifted bread crumbs |

Cook the tomatoes with the onion, cloves, sugar and condiments twenty minutes uncovered, then press through a sieve. Melt the butter; in it cook the cornstarch, then add the tomato-pulp and stir until boiling. Remove from the fire and stir in the egg; let cook without boiling, stirring constantly meanwhile, until the egg is set. Pour into a shallow dish buttered thoroughly, and, when cold, cut or stamp out into cutlet shapes. These may be cut by a paper pattern with a sharp knife. Egg-and-bread crumb and fry in deep fat.

SALMON CUTLETS

| | |
|----------------------------|---|
| 1/4 cup of butter | 1 egg, beaten light |
| 1/2 cup of flour | 1 teaspoonful of lemon juice |
| 1/2 teaspoonful of salt | 2 cups of flaked fish (about) |
| 1/4 teaspoonful of paprika | 1/2 teaspoonful of onion juice if desired |
| 1 cup of milk | |
| 1/4 cup of cream | |

Melt the butter; in it cook the flour and seasonings, add the milk and cream and stir until boiling; add the egg and let cook until "set;" add the lemon juice and the fish and mix together lightly. Turn

upon a flat dish. When cold form into balls in the hands wet with cold water, roll in sifted bread crumbs, then press into cutlet shapes, cover with beaten egg, then with sifted bread crumbs. Fry in deep fat, two or three at a time. One can of salmon is enough.

SURPRISE CROQUETTES

| | |
|--------------------------------------|--------------------------------|
| 1 pint of hot mashed potato | A few drops of onion juice, or |
| Yolk of one egg | chopped chives |
| 1 tablespoonful of butter | A little chopped parsley |
| Salt, cayenne, celery, salt to taste | 6 small cooked sausages |

To the potato, add the other ingredients,— save the sausages,—the yolk of egg, beaten light, and beat thoroughly. Cut the sausages in halves, lengthwise, and mold a half in the center of each croquette, entirely covering it with the potato. Cover with egg and crumbs and fry as usual.

FISH À LA VIRGINIA

| | |
|--|--------------------------------------|
| $\frac{1}{2}$ cup of sifted bread crumbs (soft) | $\frac{1}{4}$ teaspoonful of paprika |
| $\frac{1}{2}$ cup of cream | 1 cup of cooked fish, shredded |
| 1 egg, well beaten | Halves of tomatoes |
| $\frac{1}{2}$ teaspoonful of salt | Rounds of toast |

Cook the bread in the cream until it is smooth but not firm; add the egg and return to the fire until the egg is "set," add seasonings and fish, mix thoroughly and turn into a dish and spread into a sheet rather less than an inch thick. When cold, cut into rounds, egg-and-bread crumb, and fry in

deep fat. Season as many halves of tomatoes as rounds of fish with salt and pepper, and broil until softened throughout. Set the tomato on rounds of buttered toast, put a bit of butter on each half of tomato and a round of fish above. Serve cream sauce in a bowl.

MUSHROOM FRITTERS

Peel the caps of two dozen fresh mushrooms, cut them in small cubes and cook in melted butter until the moisture is evaporated. Beat two yolks of egg and stir into one cup of hot Bechamel sauce, and stir and cook until the egg is set. Season as needed with salt and pepper and stir in the mushrooms and set aside to become cold. Cut out rounds of tender milk bread or rolls, one-fourth an inch thick and two inches in diameter. Dip the slices lightly in cream, then spread one side with the mushroom mixture, make smooth, roll in sifted bread crumbs, then in beaten egg and again in crumbs. Fry in hot fat. Serve on a napkin. Both sides of the bread may be spread with the mixture.

LAMB CUTLETS, PORTUGUESE

| | |
|--|-------------------------------------|
| $\frac{1}{2}$ pound of cold cooked lamb (roasted) | $\frac{1}{2}$ raw yolks of egg |
| 3 slices of fried bacon | $\frac{1}{2}$ teaspoonful of salt |
| 3 anchovies | 1 teaspoonful of grated onion |
| 2 tablespoonfuls of brown sauce | $\frac{1}{2}$ teaspoonful of pepper |

The meat should be freed of all gristle, skin or unedible portions, then chopped with the bacon and

anchovies in a food chopper; add the sauce and pound with a pestle till smooth, then press through a sieve; add the other ingredients and mix thoroughly. Roll into eight balls, then flatten and form into cutlet shapes. Roll the cutlets in flour, in beaten egg, then in sifted crumbs. Fry in deep fat. With pastry bag and tube shape a border of mashed potato; on this set the cutlets and fill the center with a hot well-seasoned vegetable as flageolet, peas, asparagus cut in bits or tiny string beans. Serve tomato sauce in a separate dish.

STUFFED EGGS, FRIED

| | |
|--|---------------------------|
| 6 fresh eggs | Cream |
| 4 anchovies freed of oil | 2 tablespoonfuls of water |
| $\frac{1}{4}$ cup of soft bread crumbs | 1 egg |
| 2 tablespoonfuls of melted butter | Soft white crumbs |
| Salt and pepper | |

Cover the eggs with boiling water, cover the dish and let it stand where the water will keep hot, but not boil for about thirty-five minutes. Remove the eggs to cold water and when thoroughly cold remove the shells. Divide the eggs in halves, lengthwise. Press the yolks through a sieve, add the anchovies pounded smooth, the crumbs, butter, seasonings and enough cream to make the whole of a consistency to handle. Use in filling the spaces from which the yolks were taken and put two halves together. Beat the water and egg, use this and the crumbs in egging and crumbing the stuffed eggs. Fry in deep fat. Serve with sauce tartare or Figaro Sauce.

HARD SHELL CRABS AU GRATIN

| | |
|--------------------------|---------------------------------|
| 1/2 lb. of crab meat | 1/2 lb. of chicken or veal hash |
| 1/2 cup of cream | 1/2 cup of hash or cream |
| 1/2 cup of butter | 1/2 cup of cream or butter |
| 1/2 cup of flour | 1/2 cup of cream or butter |
| 1 cup of fresh mushrooms | 1 cup of cream or butter |
| 1/2 cup of hard cheese | 1/2 cup of cream or butter |

Sink the crab meat in hot water to which two or three tablespoonsfuls of salt have been added. Scrub and let simmer in boiling water fifteen minutes. When cold, remove the flesh from the shells. Wash the shells, and retain them for use. Discard the legs. Pick out all the flesh. There should be a full pint, or there be less, cut down the quantity of hash or cream as the mixture should be quite consistent. Save the cream in the butter until softened and yellowed, then add the flour and seasonings, add the hash and cream and stir until boiling. Peel the crab and strain the pickings with the stems of the mushrooms. Break the crab in pieces, save in the shells, and of butter and add to the sauce with the crab meat. Use the mixture to fill the shells. Cover with the crumbs and butter mixed together. Let brown in the oven. The shells will keep in better position while in the oven, if they be set into small rings or small saucers. Serve on a bed of parsley or on individual plates covered with paper doilies.

OYSTERS À LA MORNAVE

Allow two oysters for each half shell or one service. Pack the oysters in their own shells. To serve

eight prepare a generous cup of Mornay sauce. Put a scant tablespoonful of sauce in each shell and on this dispose two of the poached oysters; cover with a tablespoonful of the sauce, sprinkle with grated cheese and melted butter, and glaze in a very hot oven. Serve at once. Use the deep part of the shell; before filling these set them on a shallow pan of salt, that they may stand level during cooking. To serve set on hot folded napkins laid on individual plates.

CREAMED FISH AU GRATIN, DUCHESSE BORDER

(To serve eight)

| | |
|--|--|
| 1½ pounds of cooked fish (cod, halibut, haddock, salmon, bass, etc.) | Yolk of 1 egg beaten with 2 tablespoonfuls of milk |
| 2½ cups of Mornay Sauce | ½ cup of grated Parmesan cheese |
| 3 pints of duchesse potato (about) | ¼ cup of melted butter |

With piping bag and tube form a border about one inch and a half high on a baking dish suitable to send to the table. Spread a layer of Mornay sauce on the dish inside of the border; on this dispose a layer of the fish separated into flakes. Alternate the layers of fish and sauce, having sauce as the last layer. There should be at least half an inch of potato above the sauce. Brush over the potato with the beaten yolk of egg. Sprinkle the sauce with the cheese and melted butter and set into a hot oven to brown the edges of the potato and glaze the fish mixture. Serve the instant the dish is taken from the oven.

SCALLOPED OYSTERS, CITY STYLE

| | |
|-------------------------------------|--------------------------------------|
| 1 quart of oysters | $\frac{1}{2}$ cup of melted butter |
| 1½ cups of sifted bread crumbs | Salt and pepper as needed |
| $\frac{3}{4}$ cup of cracker crumbs | 3 or 4 tablespoonfuls of sherry wine |

Look over and wash the oysters to remove bits of shell. Stir a part — less than half — of the butter into the cracker crumbs and reserve for the top of the dish. Stir the rest of the butter into the bread crumbs. Put a layer of the bread crumbs into individual shells or into a shallow au gratin dish, sprinkle with salt and pepper, on these dispose a layer of oysters, cover with bread crumbs; add a second layer of oysters and the wine. Finish with cracker crumbs. Let cook until the crumbs are browned. It will take about fifteen minutes. For a moister dish add to each layer of oysters one or two tablespoonfuls of oyster liquor or cream. Scalloped oysters should always be cooked in a shallow dish. Serve the instant they are removed from the oven or the crumbs "settle" and the dish loses its lightness.

SCALLOPED CLAMS AND CORN

| | |
|---------------------------------|-------------------------------------|
| $\frac{1}{2}$ green pepper | Corn pulp to equal the bulk of |
| 1 slice of onion | clams after scalding |
| $\frac{1}{4}$ cup of butter | $\frac{3}{4}$ cup of clam broth |
| $\frac{1}{4}$ cup of flour | 2 yolks of eggs, beaten light |
| 1 pint of clams | 3 tablespoonfuls of cream |
| $\frac{1}{2}$ cup of cold water | 1 cup of cracker crumbs |
| Salt as needed | $\frac{1}{4}$ cup of butter, melted |

Chop the pepper and onion fine; cook these in the butter until softened and yellowed; add the flour

and stir until frothy. Pour the cold water over the clams. Wash and examine each clam separately to remove pieces of shell if present. Strain the liquid through cheese-cloth, add the clams and let heat to the boiling point; skim out the clams, discard tough portion, if desired, and chop the rest; or all may be chopped. To the clams add an equal measure of corn pulp. To secure this from green corn, score the kernels in a row, lengthwise, with a sharp knife, then with the back of the knife press out the pulp and leave the hulls on the cob. Kornlet may also be used. To the butter and flour cooked with the vegetables add three-fourths a cup of the clam broth and stir until boiling; add the yolks diluted with the cream and stir without boiling, until the sauce thickens, then add the corn and the chopped clams with salt as needed. Dispose the mixture in buttered shells; mix the cracker crumbs with the melted butter and spread over the mixture. Set into a hot oven to brown the crumbs.

CHICKEN - AND - OYSTER PIES

In individual dishes arrange layers of fillets of cold cooked chicken and cleaned oysters, and sprinkle with salt and pepper. Add tiny bits of butter, here and there, and two or three tablespoonfuls of chicken broth or oyster liquor; cover with pieces of flaky or puff paste cut to the size of the dishes. Score in the center, to let out the steam, and decorate with small figures cut from the trimmings of the paste. Brush

the lower surface of these pieces with cold water before setting them in place. Bake about fifteen minutes. Serve hot from the oven. If any remain to be served cold, dissolve one-fourth a package of gelatine, softened in one-fourth a cup of cold water, in a cup and a half of hot and well-seasoned chicken liquor, and turn into the pies through a small funnel inserted at the opening in the top of the crust. To serve loosen the crust from the edge of the dish, insert the dish an instant in warm water to the top of the dish, then invert on the serving dish.

CHICKEN - AND - HAM RISSOLES

(Cooked meat)

| | |
|----------------------------|------------------------------------|
| 1½ cups of chicken cubes | 1 cup of chicken broth |
| ½ cup ham cubes | ½ cup of cream |
| 3 tablespoonfuls of butter | 1 egg, beaten light |
| 4 tablespoonfuls of flour | (Mushrooms, truffles, lemon juice, |
| ½ teaspoonful of salt | celery salt, etc., at discretion) |
| ½ teaspoonful of paprika | |

The meat should be cut in tiny cubes. Prepare a sauce of the other ingredients; add the beaten egg and then the meat. Set aside to become cold. Cut rounds from puff and flaky paste three and one-half inches in diameter, an equal number of each (though any nice pastry will answer for either). On the rounds of flaky paste put a tablespoonful of the cold meat mixture, spreading it toward the edge; brush the edge of the paste with cold water; make two short slits in each round of puff paste, press

these rounds over the meat and closely down upon the edge of the others; brush over with milk, or yolk of egg, diluted with milk, and bake in a hot oven. Serve hot with tomato or mushroom sauce. Rissoles are often brushed over with egg, diluted a little with milk and fried in deep fat.

FRIED FISH QUENELLES EN SURPRISE

| | |
|--------------------------------|------------------------------|
| 1 cup of fish freed from fiber | 1 cup of double cream beaten |
| $\frac{1}{2}$ cup of panada | light but not dry |
| $\frac{1}{3}$ cup of butter | Poached and dried oysters |
| 3 whites of eggs | 1 egg |
| Salt and pepper | Sifted bread crumbs |

Pound the whites of eggs into the fish, panada and butter, one at a time; when smooth, press through a sieve; fold in the cream. Shape the quenelles in tablespoons, dipped in boiling water. Shape a level spoonful, on this set an oyster (carefully poached and dried) and above this push a second quenelle that has been shaped in another spoon. Press the two edges together, firmly, and poach in boiling water about eight minutes. Remove to a cloth to drain and dry; dip in egg; roll in crumbs and fry to an amber color in hot fat. Serve with sauce tartare.

Note. — For a firmer quenelle use less cream. Beating the cream gives a quenelle of lighter texture. The cream must be folded in thoroughly or the finished product will not be of a uniform texture.

PECAN NUT CUTLETS

| | |
|--------------------------------------|-------------------------------------|
| 1 cup of pecan nut meats | $\frac{1}{4}$ teaspoonful of pepper |
| 2 cups of sifted (soft) bread crumbs | 1 cup of milk |
| 2 tablespoonfuls of butter | 1 egg, beaten light |
| 2 tablespoonfuls of flour | 1 tablespoonful of onion juice |
| $\frac{1}{4}$ teaspoonful of salt | |

Chop the nut meats fine; other varieties of nuts may be used. Prepare a sauce with the butter, flour, seasonings and milk; add the beaten egg, and when "set" the other ingredients. When cold shape, egg-and-crumb, and fry in deep fat. Serve with cream or tomato sauce.

CORN - AND - OYSTER FRITTERS

| | |
|---|--|
| 1 cup of corn pulp | $\frac{1}{3}$ cup of cream |
| 1 egg, beaten light | $\frac{1}{2}$ cup of pastry flour |
| $\frac{1}{2}$ teaspoonful of salt | $\frac{1}{2}$ teaspoonful of baking powder |
| $\frac{1}{2}$ teaspoonful of black pepper | 1 cup of oysters |

Score the rows of kernels, lengthwise, on ears of green corn, then with the back of a knife press out all of the pulp. Kornlet may be substituted when green corn is out of season. Add the other ingredients (except the oysters) and mix all together thoroughly. Bring the oysters to the boiling point, let boil one minute, drain and dry on a cloth. Take a little of the fritter batter in a tablespoon, on it lay an oyster, season with salt and pepper, then cover it with batter; with a teaspoon scrape the oyster and batter into a little hot fat in a frying pan. Proceed in the same manner until the pan is filled. Let the fritters cook until browned on one side, then turn,

to brown the other side. A slice of thin, mild-cured bacon may be cooked for each service and the fat used for frying the fritters.

HALIBUT CUTLETS, PAPRIKA SAUCE

| | |
|---|--|
| 1 pound of raw halibut | $\frac{1}{2}$ teaspoonful of paprika |
| $\frac{1}{4}$ cup of butter | $\frac{1}{4}$ teaspoonful of onion juice |
| 3 tablespoonfuls of cream | 1 egg |
| $\frac{1}{2}$ teaspoonful of salt, generous measure | 2 tablespoonfuls of water Sifted bread crumbs |

For eight cutlets there should be a pound of halibut, after skin and bone have been removed. Pass the fish through a food chopper twice. Beat the butter to a cream and work it evenly through the fish, then work in the cream and seasonings. Form the mixture into eight cutlet shapes. Keep these flat as they will puff in cooking, also have the edges as thick as the centers. Egg-and-crumb, and let fry in deep fat about five minutes. Serve with Saratoga potatoes and paprika sauce.

TENDERLOIN CUTLETS, NEWPORT STYLE

| | |
|---|--------------------------------------|
| 1 pound of beef tenderloin | 1 tablespoonful of brandy |
| $\frac{1}{2}$ pound of tender lean veal | 1 tablespoonful of sherry |
| $\frac{1}{4}$ cup of cooked ham | 1 teaspoonful of salt |
| $\frac{1}{4}$ cup of sweet cream | $\frac{1}{2}$ teaspoonful of paprika |
| 4 ounces of beef marrow | |

Chop all the meat fine. Rub the marrow to a smooth paste with the wine and brandy, then rub it evenly through the meat; add the other in-

redients and mix together very thoroughly. Press the meat into eight cutlet shapes; sauté these in clarified butter, olive oil or bacon fat, first on one side and then on the other. Cook six or eight minutes in all. Or, egg-and-crumb and fry in deep fat about five minutes. Serve with asparagus tips, seasoned with salt, pepper and butter, or with a brown mushroom sauce. The cutlets must be shaped thin and flat as they puff in cooking.

VEAL FRICADELLES

(Raw meat)

| | |
|--------------------------|-----------------------------------|
| 1 pound of lean veal | 1 teaspoonful of salt |
| ½ pound of butter | ½ teaspoonful of pepper |
| 5 ounces of bread crumbs | 2 tablespoonfuls of chopped onion |
| 2 eggs | |

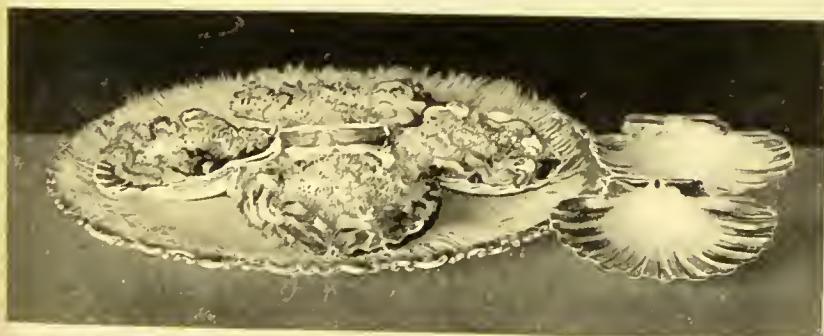
Weigh the veal after the removal of all waste, and the bread crumbs after soaking in cold water and squeezing out all of the water. Beat the butter to a cream; in a little of the butter cook the onions until softened and yellowed, but not browned. Mix all the ingredients together very thoroughly, then divide into eight or ten equal portions. Roll the portions into balls and flatten the balls. This may be done easily on a table dredged lightly with flour. Have ready clarified butter and olive oil, half and half, hot in a frying pan; brown the fricadelles first on one side and then on the other, then draw the pan to a cooler part of the range to complete the cooking. Serve with a vegetable purée or a tomato sauce.



HARD SHELL CRABS AU GRATIN. — *Page 162.*



CHICKEN - AND - HAM RISSOLES. — *Page 166.*



CREAMED FISH IN SCALLOP SHELLS. — *Page 163.*



EGG TIMBALES WITH ASPARAGUS. — *Page 182.*



MOLDED EGGS, WITH PIMENTOS, FRENCH FASHION. — *Page 183.*



EGG TIMBALES IN PIMENTO CASES. PIMENTO SANDWICH. — *Page 182.*

VEAL CUTLETS, POJARSKI

| | |
|--------------------------------------|-------------------------------------|
| 1 pound of veal pulp | $\frac{1}{4}$ teaspoonful of nutmeg |
| $\frac{1}{3}$ cup of butter | 1 egg |
| $\frac{1}{4}$ cup of thick cream | 2 tablespoonfuls of water |
| $\frac{1}{2}$ teaspoonful of salt | Sifted bread crumbs |
| $\frac{1}{2}$ teaspoonful of paprika | |

About one pound and a half of veal steak is needed, to secure the quantity of clear meat. Chop the meat very fine, then pound with a pestle; pound in the butter, then the cream and seasonings. Form the mixture into cutlet shapes, then roll in crumbs, in beaten egg, and again in crumbs. Fry in deep fat about six minutes. The fat should not be too hot at first, lest the cutlets take on too much color before they are cooked. If preferred, sauté the cutlets in clarified butter, first on one side and then on the other. Drain on soft paper. Insert a paper aigrette in the small end of each, and dispose them against a pointed mound of cold, cooked cereal, shaped in a Chinese or pointed strainer, brushed over with white of egg, and sprinkled with fine-chopped parsley. Surround with nests of pea purée, holding a bit of cooked sweetbread, and serve brown tomato sauce, seasoned with paprika, to which half a cup of whipped cream has been added, in a dish apart.

VEAL CUTLETS, WITH MASHED POTATOES

In place of the purée and sweetbreads given above pipe mashed or duchesse potato between the cutlets. The purée in either case serves to hold the cutlets

in place while they are being served, and is also an addition to the dish.

FOIE GRAS FRITTERS À LA CHEVREUSE

Cook half a cup of blanched rice in about two cups of consommé. Let the rice become more tender than that to be served plain as a vegetable. Thoroughly butter some small tartlet molds and line them with rice to the thickness of one-fourth an inch. Have ready an equal quantity of *foie gras*, cut in small cubes, and of chopped truffles, season with salt and pepper and use to fill the molds; cover with a layer of rice one-fourth an inch thick. Remove from the molds. See that the mixture is completely covered with the rice, then egg-and-bread crumb, and fry in deep fat. Drain on soft paper. Serve on a plate covered with a hot, folded napkin.

CHICKEN CUTLETS, DU BARRY STYLE

Butter cutlet-shaped molds and fill them with chicken forcemeat, made with cream. (See Chapter II.) Poach as usual, but leave them a trifle underdone. They must be cooked enough to unmold perfectly. Set them aside to become cold. Coat them with egg and crumbs and fry in deep fat. Dispose on a dish. Surround with a purée of cauliflower. Serve Valois sauce in a bowl. Valois sauce is made by adding two tablespoonfuls of beef extract to a cup of Béarnaise sauce. The purée of cauliflower should not come in contact with the cutlets.

CHAPTER VII

SOUFFLÉS, TIMBALES, QUENELLES, MOUSSELINES AND OTHER FORCEMEAT PREPARATIONS

THIS chapter deals with the most delicate of the preparations classed as entrées. Timbales, other than those made of forcemeat, and soufflés, call for more skill in the baking than in the making; but timbales, made of forcemeat, and all dishes in which forcemeat is used, call for a considerable outlay of time and attention to detail in the preliminary preparation. The cooking is the same for all dishes of this class, viz., by poaching; and the temperature at which it is done must be several degrees below 212°F. or the dish is ruined.

All the dishes in this chapter, with the exception of quenelles occasionally, are cooked in molds. All but hot soufflés are turned from the molds for serving. Soufflés are always served in the dish in which they are cooked, and should be sent to the table the instant they are cooked. On the withdrawal from the heat a soufflé will fall a little; if not properly made or baked it will fall considerably. For full directions

as to the cooking of the dishes in this chapter see Poaching, Chapter II, and also the special recipes.

SOUFFLÉS

A soufflé is an exceedingly light preparation. The lightness is due to a generous admixture of eggs, beaten separately, and the expansion of the air thus introduced when subjected to the heat of the oven. To increase this appearance of lightness a folded paper, thoroughly buttered, is often pinned around the top of the dish in which the soufflé is to be baked, to increase its height. Thus, the folded paper may be cut about two inches in height and when pinned around the dish it will rise an inch above it. The mixture should fill the dish and come above the dish, perhaps one-third the height of the paper. When baked the dish and paper will be filled. Unpin the paper and carefully detach it from the mixture. By this means the idea is conveyed that the lightness of the soufflé has caused it to rise even above the baking dish. Soufflés may be made of almost any kind of meat, save beef, of fish, shell fish and vegetables. No flavoring other than that of the foundation article or the broth in the sauce may be used, but onion juice, lemon juice, chopped parsley, mushrooms or truffles, one or more, may be added at discretion. Vegetables used in soufflés are always previously cooked. Meat and fish soufflés are made of both raw and cooked material.

HAM SOUFFLÉ

| | |
|--|---|
| 1 pint of cooked ham, chopped fine | $\frac{1}{2}$ cup of grated Parmesan cheese |
| $\frac{1}{2}$ cup of soft bread crumbs | Salt as needed |
| 1 pint of Bechamel sauce | 3 eggs |
| 1 chilli pepper, chopped fine | |

Use chicken broth and cream for the sauce; while hot add the crumbs, pepper, ham, cheese, and yolks of the eggs well beaten; mix thoroughly, then fold in the whites of the eggs. Bake in the usual manner. Serve from the baking dish with Sauce Supreme, flavored with paprika or curry in a bowl. Tomato purée may be substituted for the cream in the Bechamel sauce used as the foundation of the soufflé.

HAM SOUFFLÉ

(Raw ham)

| | |
|--------------------------------------|-----------------------------------|
| 1 pint or pound of ham pulp | 4 tablespoonfuls of cold Bechamel |
| 2 whites of eggs | sauce |
| $\frac{1}{2}$ teaspoonful of paprika | 2 cups of thick sweet cream |
| | 4 whites of eggs, beaten dry |

Scrape the slices of ham to remove the pulp and leave the fibers; add one white of egg and beat with a pestle, when smooth add the second white, pound again, add the sauce and again pound, then press through a sieve; let chill and gradually beat in the cream, then fold in the whites of eggs and finish as usual. Serve with green peas cooked in consommé with a blanched onion sautéed in butter and three sprigs of parsley. Thicken the liquid with a little flour and butter creamed together. There

should be but little sauce when the peas are finished. Season as needed with salt and black pepper.

HAM SOUFFLÉ, ALEXANDRA

Prepare either of the recipes for ham soufflé. When putting the mixture into the mold, put in first a layer of the soufflé preparation, then a layer of cooked asparagus tips, drained, seasoned with salt and pepper and mixed with butter, and cover with the soufflé preparation; add another layer of asparagus tips and finish with the ham mixture. Serve with half-glaze sauce flavored with Madeira.

CRABFLAKE SOUFFLÉ

| | |
|--|--|
| 2 cups of crabflakes (cut fine) | Salt as needed |
| $\frac{1}{2}$ cup of soft bread crumbs (sifted) | $\frac{1}{2}$ cup of Parmesan cheese (at discretion) |
| 2 cups of Fish Bechamel Sauce | 3 eggs |
| $\frac{1}{2}$ green pepper, chopped fine | |

Prepare as first recipe for Ham Soufflé. Serve with drawn butter sauce. The sauce may be flavored with lobster butter.

CHICKEN SOUFFLÉ

| | |
|--|--------------------------------------|
| 2 cups of cold roast chicken | $\frac{3}{4}$ cup of chicken broth |
| $\frac{3}{4}$ a cup of cold boiled ham | $\frac{3}{4}$ cup of chopped almonds |
| 3 tablespoonfuls of butter | $\frac{1}{2}$ teaspoonful of salt |
| 2 tablespoonfuls of butter | $\frac{1}{2}$ teaspoonful of paprika |
| 2 tablespoonfuls of flour | 4 eggs beaten separately |
| $\frac{1}{2}$ cup of cream | |

The chicken and ham should be chopped very fine before measuring. Melt the three tablespoonfuls of

butter in a frying pan; add the chopped meat and stir over the fire until the butter is absorbed. Make a sauce of the two tablespoonfuls of butter, the flour, broth and cream. Pound the meat in a mortar, adding meanwhile the sauce. Press the whole through a fine sieve; add the almonds, seasonings and yolks of eggs. Mix thoroughly, and fold in the whites of the eggs. Bake in a buttered dish till firm in the center. Serve with Bechamel, mushroom or tomato sauce. This may also be cooked in individual dishes. Twenty-five minutes will be needed for cooking in a large dish, about twelve minutes in individual dishes. It is better to cook a soufflé too long than too short a time always, provided that the temperature be kept about 208° F.

INDIVIDUAL ASPARAGUS - AND - CHEESE SOUFFLÉS

(Hot)

| | |
|--------------------------------------|--------------------------------------|
| 2 tablespoonfuls of butter | $\frac{3}{4}$ cup of asparagus purée |
| 2 tablespoonfuls of flour | $\frac{1}{4}$ cup of asparagus tips |
| $\frac{1}{4}$ teaspoonful of paprika | $\frac{1}{2}$ cup of grated cheese |
| $\frac{1}{2}$ teaspoonful of salt | 3 eggs |

Melt the butter; add the flour and seasonings, and cook until frothy; add the purée and stir until boiling; add the cheese and the yolks beaten light. Then fold in the asparagus tips and the whites of the eggs beaten dry. Fasten paper bands around individual, paper or china dishes; butter thoroughly and fill up to the band with the mixture. Bake as all

soufflés. Remove the bands without jarring the filling. Serve at once. The cheese may be omitted. The soufflés will be less liable to fall, if the purée be consistent rather than liquid.

INDIVIDUAL SPINACH - AND - CHEESE SOUFFLÉS

Use spinach purée and follow the general outline of the asparagus soufflés. Onion juice and chopped parsley may be added to either for additional flavoring.

SPINACH SOUFFLÉ

Melt three tablespoonfuls of butter in a small saucepan, and stir in three tablespoonfuls of flour, one-fourth a teaspoonful, each, of salt and pepper, and, gradually, one cup of cream or rich milk. Add one cup of cooked spinach, pressed dry and passed through a sieve, and the yolks of three eggs, beaten until thick. Then fold in half a cup of grated cheese, Parmesan preferred, and the whites of three eggs, beaten dry. Bake in a buttered dish standing in hot water about twenty-five minutes, or in individual dishes about twelve minutes. Half a cup of soft, sifted bread crumbs and a tablespoonful of grated cheese, stirred into one-fourth a cup, or less, of melted butter, may be spread upon the top before baking. Serve with Velouté, cream or half-glaze sauce.

SPINACH SOUFFLÉ

(Ada Hillier, Italy)

| | |
|-----------------------------------|--------------------------------------|
| 1 cup of spinach purée | $\frac{1}{2}$ cup of milk |
| 2 tablespoonfuls of butter | $\frac{1}{4}$ cup of sultana raisins |
| 2 tablespoonfuls of flour | $\frac{1}{4}$ cup of almonds |
| $\frac{1}{2}$ teaspoonful of salt | 3 eggs |
| A grating of nutmeg | |

One pound of raw spinach will be needed for the purée. Cook in salted water and press through a sieve. Melt the butter; in it cook the flour, salt and nutmeg; add the milk, and stir until boiling; add the spinach, raisins and almonds, blanched and cut in quarters and mix thoroughly; add the yolks of the eggs beaten light, then fold in the whites of the eggs beaten dry. Bake in a buttered dish, set on several folds of paper and surrounded by boiling water until firm in the center. Serve with meat or as a separate course.

TIMBALES OF SPINACH, FILLIPINI

Remove coarse stalks and waste matter from two quarts of spinach; wash thoroughly, changing the water many times. Add salt and let boil ten minutes. Boiling water may be added when the spinach is set to cook, or it may be cooked in the water that clings to it by turning the spinach over frequently; drain in a colander, pressing out all of the water. Chop very fine; add half a teaspoonful of salt, half a teaspoonful of sugar, half a teaspoonful of white pepper, one-fourth a teaspoonful of grated nutmeg and three yolks of eggs; set over the fire and stir

constantly while the mixture heats a little. Turn into buttered timbale molds (a tiny round of paper should be set in the bottom of the molds before they are buttered), set the molds in a pan of boiling water and let cook about ten minutes. Serve with rich brown sauce to which three tablespoonfuls of sherry and a tablespoonful of liquid from a mushroom or truffle bottle has been added.

CAULIFLOWER SOUFFLÉ

| | |
|-------------------------------------|--|
| 2 cups of cauliflower purée | $\frac{1}{2}$ cup of sifted bread crumbs |
| 2 tablespoonfuls of butter | 3 yolks of eggs, beaten |
| 2 tablespoonfuls of flour | 3 whites of eggs, beaten dry |
| $\frac{1}{2}$ teaspoonful of salt | $\frac{1}{4}$ cup of Parmesan cheese if de- sired |
| $\frac{1}{2}$ teaspoonful of pepper | |
| 1 cup milk or chicken stock | |

Make a sauce of the butter, flour, seasonings and stock; add the purée (which should be quite dry), bread crumbs, and yolks, then fold in the whites. Bake in the usual manner. Serve from the baking dish. One-fourth a cup of Parmesan cheese may be stirred into the sauce with the bread crumbs, or sifted with an additional half cup of bread crumbs, moistened with melted butter, over the top of the soufflé, just before it is put into the oven. Serve with a well-buttered cream sauce.

TIMBALES

The term timbale was formerly applied to any smooth preparation poached in molds of a shape

somewhat resembling that of a drum, *i. e.*, straight sides with the diameter of the top and bottom the same. But at the present time the name is often applied to a smooth preparation poached in a mold of any shape. Timbales are unmolded before serving. They are made of all sorts of delicate meats and fish, shell fish and vegetables. Vegetables are always cooked before being incorporated into timbales; fish and meat may be either cooked or uncooked, those of uncooked materials (often forcemeat) being the choicest. Note that the eggs used in timbale preparations are not added for lightness, thus the white and yolk are never beaten separately. A timbale has the smooth, even texture of a carefully baked custard. An egg timbale is in reality a baked custard in which the sugar is supplanted by onion juice, pepper and other seasonings. Green pea and tomato timbales are custards in which the vegetable purée is substituted for a part of the milk, and savory seasonings take the place of the sugar. Timbales are cooked by poaching. After they are cooked, remove from the water and let stand a few moments before unmolding. When regulation timbale molds are used and the mixture is of a consistency to allow it, small rounds of paper set into the bottom of the mold or molds and thoroughly buttered are an aid in unmolding. By folding paper to the width of individual molds, setting the mold on the paper and marking with pencil around it, paper for a dozen or more of molds may be cut at one time. Cut inside

the pencil mark, the mold being smaller inside than out. Figures cut from slices of truffle pressed upon the buttered sides of a mold are also of assistance in unmolding the cooked preparation.

EGG TIMBALES

Beat six eggs, without separating the whites and yolks. Add a scant teaspoonful of salt, a dash of pepper, a teaspoonful of chopped parsley, twenty drops of onion juice, and one cup and a half of rich milk. Mix thoroughly, and pour into well-buttered timbale molds. Cook, set on folds of paper, surrounded by hot water, until the centers are firm. Turn from the molds upon a hot platter, and surround with cooked asparagus or peas or with tomato or bread sauce. Season the asparagus, cut in short pieces, or the peas with salt, pepper and butter, or stir into a cup and a half of cream sauce.

EGG TIMBALES IN PIMENTO CASES

Butter eight or nine fluted timbale molds very thoroughly, and line each with a canned pimento. Trim the top of each pimento neatly, to form a perfect edge. (A pair of scissors will prove satisfactory for this purpose.) Into the lined molds turn the egg mixture prepared as in the preceding recipe. When cooked unmold on squares of toast. Serve with cream sauce. The egg mixture must come up to the

top of the pimento in the mold to insure perfection when unmolded.

MOLDED EGGS, WITH PIMENTOS, FRENCH FASHION

(Timbales)

Butter eight small timbale molds very thoroughly. Rinse two or three canned pimentos in cold water, then dry on a cloth. From these stamp out eight stars (or other design) and set one in the bottom of each mold; add a few drops of melted butter to each, to hold it in place. Cut the rest of the pimentos into small bits. Beat five eggs with a spoon; add the bits of pimento, a scant half a teaspoonful of salt and a dash of paprika. Put three tablespoonfuls of cream in a hot frying pan, turn in the eggs and set over a moderate fire and stir constantly with a spoon to keep the eggs smooth and creamy. When slightly thickened throughout remove from the fire, add three eggs, slightly beaten, with one-fourth a teaspoonful, each, of salt and pepper, and mix thoroughly. Turn into the prepared molds, set the molds in a baking pan on many folds of paper, surround with boiling water and let cook in the oven about ten minutes or until the egg is set. Remove the molds from the water and after a few minutes (the mixture by standing will shrink from the mold), unmold on croutons of bread (toast), over which a little cream or tomato sauce has been poured. Serve additional sauce in a bowl.

SWEETBREAD TIMBALES

| | |
|-----------------------------------|--------------------------------------|
| Pounded sweetbreads to fill a cup | $\frac{1}{2}$ teaspoonful of paprika |
| 4 whites of eggs | $1\frac{3}{4}$ cups of rich cream |
| 1 teaspoonful of salt | |

Soak the sweetbreads in cold water, or clean by letting cold water from the faucet run over them some time; remove all skin, pipes and tubes, then pound or chop exceedingly fine; add the other ingredients in the order given, beating in each white of egg separately. Cook in the usual manner. Serve with a rich mushroom or tomato sauce. The golden veal stock with blond roux makes a good sauce for these timbales.

WILD DUCK TIMBALES

| | |
|-----------------------------------|-------------------------------------|
| 1 cup of chopped meat (raw) | $\frac{1}{2}$ teaspoonful of pepper |
| 4 yolks of eggs | $\frac{1}{2}$ cup of double cream |
| 1 whole egg | 1 cup of brown sauce |
| $\frac{3}{4}$ teaspoonful of salt | |

Beat the ingredients into the meat, one after another. Bake as all egg preparations. Serve with brown, currant-jelly sauce. Other delicate meats (chicken breast, sweetbreads, fillet of beef, etc.), may be cooked in this way. For light meats use all cream or part white sauce and serve with Bechamel sauce.

CRABFLAKE TIMBALES

| | |
|---|---|
| 2 whole eggs and 1 yolk beaten together | $1\frac{1}{2}$ cups of crabflakes (fresh or canned) |
| $\frac{1}{2}$ teaspoonful of salt | $1\frac{1}{3}$ cups of thin cream or rich milk |
| $\frac{1}{2}$ teaspoonful of paprika | |

Stir all together and cook in well-buttered timbale molds. Let the molds be set on many folds of paper and surrounded with boiling water. When firm in the center, unmold and surround with Hollandaise or cream sauce.

CAULIFLOWER TIMBALES

| | |
|--|-------------------------------------|
| 1 cup of dry cauliflower purée | $\frac{1}{2}$ teaspoonful of salt |
| $\frac{1}{3}$ cup of grated bread crumbs | $\frac{1}{2}$ teaspoonful of pepper |
| 2 whole eggs | 2 tablespoonfuls of melted butter |
| 1 yolk of egg | $\frac{1}{2}$ cup of milk |

Drain the cooked cauliflower, then press through a sieve; add the butter, the eggs beaten without separating the whites and yolks, and the other ingredients. Turn into buttered molds and bake as usual. Serve with cream, drawn butter, tomato or Hollandaise sauce. This will make eight timbales. Butter the timbale molds thoroughly, put little rounds of paper in the bottom of each mold and butter them; the paper will adhere to the mixture and insure unmolding in good shape.

SALMON LOAF

(Cooked fish)

| | |
|---|--|
| 1 pound of cooked salmon (fresh-cooked or canned) | $\frac{1}{2}$ teaspoonful of onion juice |
| 1 cup of grated bread crumbs | 1 tablespoonful of fine-chopped parsley |
| 2 eggs, beaten | $\frac{1}{2}$ teaspoonful of salt |
| $\frac{1}{2}$ cup of milk or stock | $\frac{1}{2}$ teaspoonful of paprika |
| 1 teaspoonful of lemon juice | |

Mix all together thoroughly. Turn into a mold lined with buttered paper and cook as all timbale or

custard mixtures. Serve turned from the mold, with Hollandaise, tomato or drawn butter sauce. Slices of hard-cooked egg, or chopped pickles, capers or pieces of cooked lobster meat or shrimps may be served in the latter sauce.

MOLDED FISH, NORWEGIAN STYLE

(Cooked fish)

| | |
|------------------------------------|--|
| $\frac{1}{2}$ pound of cooked fish | $\frac{1}{2}$ teaspoonful of pepper |
| 1 raw egg, unbeaten | $\frac{1}{2}$ teaspoonful of onion juice |
| 1 raw egg, beaten light | 1 cup of cream |
| $\frac{1}{2}$ teaspoonful of salt | |

Any variety of white fish may be used; baked or boiled fish left over is usually selected. Separate the fish into flakes and pound smooth in a chopping bowl, with a pestle; add the unbeaten egg and pound again until smooth; then using the pestle press the fish through a purée sieve. Beat the egg, beaten light, very gradually through the fish, add the seasonings and very gradually beat in the cream. Turn into a well-buttered mold, set the mold on many folds of paper in a baking dish, surround with boiling water and let cook without the water boiling until firm in the center. Serve with drawn-butter sauce to which shrimps broken in pieces are added.

CHEESE TIMBALES IN SPAGHETTI - LINED MOLDS

| | |
|--|------------------------------------|
| 25 sticks of spaghetti | $\frac{1}{2}$ cup of cream |
| 1 $\frac{1}{2}$ tablespoonfuls of butter | $\frac{1}{2}$ cup of stock (white) |
| 1 $\frac{1}{2}$ tablespoonfuls of flour | 6 ounces of grated cheese |
| $\frac{1}{4}$ teaspoonful of salt | 1 egg and 3 yolks of eggs beaten |
| $\frac{1}{4}$ teaspoonful of paprika | together |

Have ready a saucepan of rapidly boiling salted water. Take all the sticks of spaghetti in the hand, making the ends even, and put one end of them into the water, and, as they soften, bend them around so they may lie on the bottom of the saucepan, and let them cook until tender. It will take twenty or more minutes. When the spaghetti is tender, drain off the water, and rinse again and again in cold water. Let drain. Then spread the pieces on a cloth, each apart from the others. Have ready plain timbale molds, thickly spread with softened butter, or, better still, brush the inside of each mold with the softened butter just before you are ready to line it with the spaghetti. Commence at the center of the bottom, and coil the spaghetti round and round to completely line the mold. It will stick to the soft butter. Set aside in a cool place while the cheese preparation is made ready. Make a sauce of the butter, flour, seasonings, cream and stock; in this melt the cheese, then stir in the eggs. Turn into the lined molds. Cook as all egg and forcemeat preparations. Serve, unmolded, with tomato or cream sauce. Other fillings may be used.

ASPARAGUS TIMBALE

Cook two large bunches of asparagus, leaving them a little underdone. Use one bunch, cut before cooking to the height of the mold, to line a mold, first lined with paper, and heavily buttered. Make a sauce of two tablespoonfuls, each, of butter and flour,

salt, pepper, and one cup of rich milk or thin cream. Add one cup of asparagus tips and the pulp from the rest of the asparagus pushed through a sieve. Add, also, the yolks of six eggs, and one whole egg, beaten until well mixed (four whole eggs may also be used), and turn the mixture into the prepared mold. Bake, set on several folds of paper, until firm in the center. The mold should hold one pint and a half. Serve with any of the sauces appropriate to asparagus.

RICE - AND - MUSHROOM TIMBALES

| | |
|--|--|
| $\frac{1}{4}$ pound of fresh mushrooms | 1 quart of chicken broth or |
| $\frac{1}{4}$ cup of butter | 1 pint each broth and tomato |
| 1 cup of rice | purée |
| 1 teaspoonful of salt | 1 onion with 3 cloves |
| $\frac{1}{2}$ teaspoonful of paprika | $\frac{1}{2}$ cup grated cheese if desired |

Peel the mushroom caps, and break them in pieces; chop the peelings and stems fine. Melt the butter; in it cook the pieces of mushroom, the chopped mushrooms and the rice, nicely blanched, until the butter is absorbed. Add the chopped mushrooms after the larger pieces have cooked a little; add the rice a few moments after the chopped mushrooms. Add the other ingredients save the cheese and let cook until the rice is tender; mix the cheese, with a fork, lightly through the rice and remove the onion with cloves. Turn the mixture into individual timbale molds very thoroughly buttered; let stand on folds of paper in a dish of boiling water in the oven from ten to fifteen minutes; unmold and serve separately with a Bechamel or

tomato sauce, or, serve as a garnish around a dish of chicken.

SPINACH - AND - MUSHROOM TIMBALES

| | |
|--------------------------------------|--------------------------------------|
| $\frac{3}{4}$ cup of fresh mushrooms | 2 tablespoonfuls of grated bread |
| 1 tablespoonful of butter | 1 cup of spinach (chopped) |
| 1 slice of onion | 2 eggs, beaten light |
| 2 parsley branches | $\frac{1}{2}$ teaspoonful of salt |
| $\frac{1}{2}$ cup of white sauce | $\frac{1}{2}$ teaspoonful of paprika |

Peel the mushroom caps and break them in pieces; chop the mushroom peelings and stems with the onion and parsley very fine; sauté the pieces of mushrooms and the chopped ingredients in the butter; add the sauce, bread crumbs and spinach, mix thoroughly, and remove from the fire; add the eggs and the seasonings and finish as usual. Serve with half-glaze sauce.

MUSHROOM TIMBALES

| | |
|-------------------------------------|----------------------------------|
| 1 cup of mushroom purée | 1 teaspoonful of grated onion |
| 3 eggs | 1 teaspoonful of fine-chopped |
| $\frac{1}{2}$ teaspoonful of salt | parsley |
| $\frac{1}{4}$ teaspoonful of pepper | 1 cup of thin cream or rich milk |

The cup of mushroom purée should be quite consistent. Fresh or dried mushrooms may be used. Let simmer about ten minutes in stock, milk or water. Press the mushrooms, pounded smooth, through a purée sieve. Use the liquid in which they are cooked, in place of the cream mentioned in the list of the ingredients, or use this liquid in making the sauce to be served around the timbales. Mush-

rooms may be added to the sauce. Prepare and cook as all timbales.

While the following is different from the ordinary timbale mixtures, it is cooked in the same way and is thus given a place in this division of entrées.

CHICKEN PILAU, TURKISH STYLE

| | |
|--------------------------------------|----------------------------------|
| $\frac{3}{4}$ cup of rice | 2 sprigs of parsley |
| $\frac{1}{4}$ cup of butter | 1 onion with 3 cloves |
| 3 cups of chicken or veal broth | 1 teaspoonful of salt |
| 3 peeled tomatoes or | $\frac{1}{4}$ cup of butter |
| $\frac{3}{4}$ cup of canned tomatoes | 2 cups of cooked chicken or veal |

Blanch the rice. Melt the butter in a saucepan, add the rice and stir until it has absorbed the butter; add the broth, the tomatoes, parsley, onion with cloves pressed into it and the salt; cover and let cook about twenty-five minutes. Remove the onion and parsley and with a silver fork stir in the butter. Butter a Charlotte, or a large timbale, mold very thoroughly; either mold may be lined on the bottom with buttered paper. Season the meat with salt and pepper and stir in two tablespoonfuls of butter. Pack the rice and meat in the mold in layers, solid, having rice for the first and last layers. Set to cook in the oven as a custard on folds of paper, etc. Let cook about fifteen minutes. Unmold on a hot dish, surround with hot tomato sauce and serve at once. Before filling the mold it may be decorated with slices of hard-cooked egg.

QUENELLES, MOUSSELINES AND OTHER FORCE-MEAT PREPARATIONS

Two recipes for forcemeat are given in Chapter II; either of these, or any of the recipes for force-meat, given under the special recipes in this chapter, may be used for quenelles shaped in spoons. When they are to be shaped with bag and tube, a recipe in which panada is an ingredient (sometimes called quenelle forcemeat), should be employed. Quenelles to be used in salpicon mixtures with slices of chicken and poached oysters are shaped in after-dinner coffee spoons. When one quenelle with a sauce is to form a service, shape them in tablespoons. The manner of procedure is the same in both cases. Have a well-buttered shallow frying pan in front and at the right, two spoons in boiling water near by, and the dish of forcemeat at the left. Take up forcemeat in one spoon, enough to fill it rounding; take the second spoon from the water and press it down over the forcemeat in the first spoon, to smooth its surface and at the same time shape it on this side. Remove to the buttered saucepan with the second spoon and continue thus to shape quenelles until the surface of the frying pan is covered. Pour in boiling, salted water to cover them well. Let cook until firm but without boiling, skim from the water to a soft cloth, to drain, then use as required. The remarks on lining and decorating the molds for timbales, as well as the unmolding, apply to all forcemeat mixtures, shaped in molds.

The terms mousse and mousseline are both used for forcemeat mixtures, poached in molds, but probably mousseline should be applied to these preparations and mousse to preparations of cooked purée of meat, fish or vegetables, thickened with gelatine and made light with whipped cream, which are served chilled.

Forcemeat in which the breast of chicken (to which the name "Supreme" is often applied) is used as the foundation, is often given the name "Supreme of Chicken." The term "Pain" is often given to any dish of forcemeat, as *Pain de volaille* or *Pain de choufleur*.

CHOICE CHICKEN TIMBALES

Decorate individual timbale molds with slices cut from truffle. Fill with any variety of chicken forcemeat, made with cream, and poach in the usual manner. Serve with Bechamel or velouté sauce.

SUPREME OF CHICKEN AND CAULIFLOWER

| | |
|---|--------------------------------------|
| 1 cauliflower (medium) | $\frac{1}{2}$ teaspoonful of paprika |
| 1 cup of raw chicken or veal pulp, after sifting | 3 eggs, unbeaten |
| $\frac{1}{2}$ teaspoonful of salt | 1 cup of cream |
| | 1 cup of chicken broth |

Separate the cauliflower into flowerets, and shorten the stems, trimming each to a point. In blanching let cook six minutes in the salted, boiling water, finish as usual and let dry on a cloth. Line the bottom of a quart mold with buttered paper; butter the mold thoroughly and in it dispose the flowerets

of cauliflower one layer above another to fill the mold loosely. Beat the other ingredients into the chicken pulp, the eggs, one at a time, and very smoothly, add the cream and broth very gradually. The meat may be put through the meat chopper several times, or, for a finer texture, pound the pulp and press it through a sieve. Whichever method is used must produce a full cup of meat. Pour the mixture over the cauliflower in the mold to cover it completely. Cook as all forcemeat mixtures, and until firm in the center, about one hour. Unmold on a serving dish. Garnish with flowerets of cauliflower. Serve cream, Bechamel or Hollandaise sauce in a bowl.

CHICKEN SUPREME EN SURPRISE

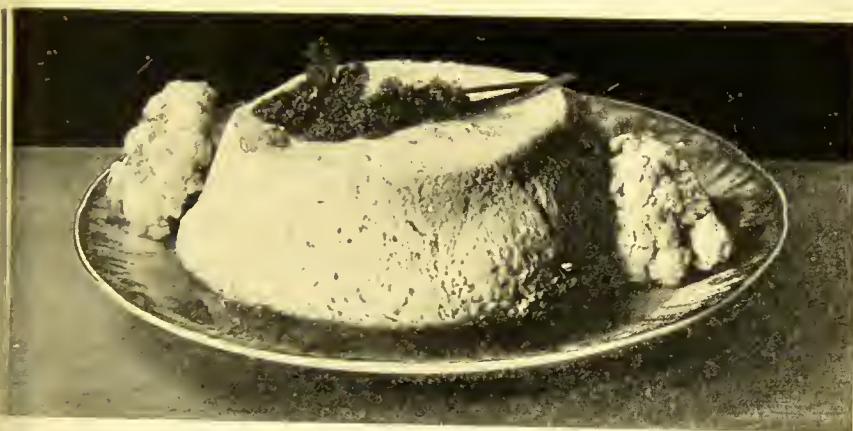
| | |
|-------------------------------|--------------------------------------|
| Breast of 1 chicken | 4 mushroom caps (fresh) |
| ½ pound of veal pulp | 2 level tablespoonfuls of cooked ham |
| 1 teaspoonful of salt | ¼ cup of butter |
| ½ teaspoonful of paprika | ½ cup of flour |
| ¾ cup of panada (bread) | ½ cup of cream |
| 2 whole eggs or 4 yolks | ½ cup of chicken stock |
| ¾ cup of cream | Salt and pepper |
| 2 truffles | |
| 1 pair of sweetbreads, cooked | |

Scrape the pulp from the fibers in the breast of chicken; add to the veal pulp and pound with a pestle in a wooden bowl; add the salt, pepper, and panada and again pound until smooth, then add the eggs, or yolks of eggs, one by one, pounding smooth between each addition; press through a sieve and beat in the cream. Neatly line the bottom and ends

of a quart mold with paraffin paper; butter very thoroughly the paper and inner surface of the mold. Press decorations cut from truffles into the butter and add drops of melted butter to hold these in place. Set the mold in a cool place to stiffen the butter. The sweetbreads and ham should be ready cooked and cut in small pieces, the mushroom caps peeled and sautéed in butter. Make a sauce of the other ingredients; into this stir the cubes of sweetbreads and ham, the pieces of mushroom and the truffle trimmings, chopped fine. Set this salpicon aside to become cold. Line the bottom and sides of the decorated mold with the chicken forcemeat. Then put some of the sweetbread preparation into the center of the mold. As the forcemeat preparation will be the firmest when cooked, and the timbale, when unmolded, will rest on the mixture last put into the mold, the forcemeat should cover the entire sweetbread mixture, at least to the depth of half an inch. To insure this, fill in at the sides of the mold with the forcemeat. After the sweetbread mixture is put into the center of the mold, the forcemeat mixture can be put in place at the sides of the mold with ease. Cook in the usual manner. Serve with cream or Bechamel sauce. Chopped truffles or fresh mushrooms sautéed in butter may be added to the sauce. This recipe will serve ten. The forcemeat is not as delicate as when whipped cream is used, but will hold up the center mixture better than a cream preparation.



Crabflake Timbales. — *Page 184.*



Supreme of Chicken and Cauliflower. — *Page 192.*



Cheese Timbales in Spaghetti-lined Molds. — *Page 186.*



FARCED FILLETS OF CHICKEN WITH CHESTNUT PURÉE. — *Page 195.*



CHICKEN SUPREME, EN SURPRISE. — *Page 193.*



BORDER OF VEAL FORCEMEAT, WITH QUENELLES, PEAS, ETC. — *Page 196.*

BOUDINS OF CHICKEN WITH SALPICON RICHE-LIEU

Prepare some chicken forcemeat with bread panada, keeping it quite firm but not in the least tough. Use the recipe given in Chapter II for "Chicken Force-meat, with Panada and Butter" or the recipe in this chapter for the forcemeat in "Supreme of Chicken and Cauliflower." Butter some strips of paper 4 inches by $2\frac{1}{2}$ inches; put a piece of forcemeat $3\frac{1}{4}$ inches by $1\frac{3}{4}$ inches on each piece of paper, then with a spoon handle remove a part of the forcemeat in the center of each. Have ready about three-fourths a cup of salpicon, made of cooked chicken breast, pickled tongue and truffles in a thick sauce. Put a little of this in each open space, and cover completely with forcemeat. Fifteen minutes before serving lift the papers with a broad spatula to a saucepan in which broth is boiling, draw to a cooler part of the range and let stand to poach until firm throughout. Drain on a cloth. Dispose in a circle on a hot dish, pour Espagnole Sauce over them and serve at once.

FARCED FILLETS OF CHICKEN, WITH CHESTNUT
OR SWEET POTATO PURÉE

| | |
|--|-----------------------------|
| 8 fillets of chicken | $\frac{1}{4}$ cup of butter |
| $\frac{1}{2}$ pound (1 cup) of chicken pulp | 2 whole eggs |
| $\frac{1}{4}$ cup of cooked ham, chopped or scraped | 1 yolk of egg |
| $\frac{1}{3}$ cup of bread panada | Cream if needed |
| $\frac{1}{2}$ teaspoonful of salt | $\frac{1}{2}$ cup of broth |
| $\frac{1}{2}$ cup of brown sauce | 3 cups of vegetable purée |

The chicken for this dish must be a plump one, weighing about three pounds, or eight fillets can not be cut from the breast. After the fillets have been "lifted," separate the two smaller from the larger fillets, then cut each large fillet into three, the size of the small fillet. Trim all the fillets to the same size and shape. To the trimmings add enough veal (or take the breast of another chicken) to make a cup of pulp and prepare a forcemeat. Rectify and if needed add cream. Pipe the forcemeat on the fillets. Set them in a buttered pan, pour in the broth, cover with a buttered paper and let poach about fifteen minutes. Have ready hot chestnut or sweet potato purée; this should be of the consistency of duchesse potato. Form a mound of the purée on a serving dish, dispose the fillets against the mound and pipe the rest of the purée between and above the fillets. Serve Bechamel sauce in a bowl.

**BORDER OF CHICKEN OR VEAL FORCEMEAT,
WITH QUENELLES, PEAS, ETC.**

| | |
|---|-----------------------------------|
| 2 cups of chicken or veal freed from fiber | 6 tablespoonfuls of cream |
| 1 cup of bread panada | $\frac{3}{4}$ teaspoonful of salt |
| 4 tablespoonfuls of butter | 1 truffle (or more) |
| 2 eggs | Peas |

Prepare as forcemeat, pressing through the sieve after the addition of the cream and salt. Rectify with egg, if too moist, with cream, if too firm. Pipe part of the mixture into a well-buttered border mold (concave on the bottom). Let poach in the oven or

on top of the stove on many folds of paper or cloth until firm (about half an hour). Cook the rest of the mixture as quenelles, decorating each with figures, cut from slices of truffle. Unmold on a serving dish, fill the center with cooked peas seasoned with salt, pepper and butter. Garnish the concave top and the peas with the quenelles. Serve with Velouté sauce in a bowl.

Note. — Where the number of persons to be served does not call for so much forcemeat, a hot, cooked cereal may be turned into the border mold. When cold unmold on a serving dish, brush over with slightly beaten white of egg and dredge thick with fine-chopped parsley. This is not to be eaten but forms a handsome case in which to dispose the peas and quenelles. Asparagus tips may take the place of the peas.

VEAL QUENELLES, WITH GREEN PEAS

| | |
|--|--------------------------------------|
| 1 cup of veal pulp (8 ounces) | $\frac{1}{2}$ teaspoonful of salt |
| $\frac{1}{4}$ cup of cold white or velouté sauce | $\frac{1}{2}$ teaspoonful of paprika |
| 2 whites of egg unbeaten | 2 whites of egg, beaten dry |

1 cup of cream, beaten firm

Select slices of veal cut from the fillet or thick part of the leg. Cut off small pieces of the meat and scrape with a sharp knife in the direction the fibers run; the pulp thus removed from the fibers is what is needed. Pound the pulp smooth; add one of the unbeaten whites of eggs and pound smooth; add the other white and pound again; add the cold

sauce, and again pound smooth, then press through a sieve. A gravy strainer (not wire) set firm into a part of a double boiler and a wooden pestle answer for this purpose, but with the "Economy colander" the work can be done more quickly and easily. Fold in the whites of eggs and the cream, prepared as above, and use to fill quenelle molds, carefully buttered and sprinkled with chopped pistachio nuts or truffles. Set the molds on several folds of clean cloth, surround with boiling water, and let cook in the oven until firm. With the veal trimmings, two slices of onion, a few bits of carrot, a branch of parsley and half a teaspoonful of celery seeds, and cold water to cover, make a broth. Use one cup of this and half a cup of cream as the liquid for a sauce to be served with the quenelles. Set the quenelles on buttered slices of toast around a mound of hot green peas, seasoned with salt, pepper and butter. Serve the sauce in a bowl. The quenelles may be made in advance and reheated in a dish of hot water at time of serving. Buttered tablespoons may be used in place of quenelle molds.

Of course a richer broth will give a richer sauce.

CHICKEN LIVER TIMBALES

| | | | | | | | | | |
|---|-------------------------------------|-----------------------------|-------------|---------------|---------------------------------------|-----------------------|--------------------------------------|---------------------------------------|--|
| $\frac{1}{2}$ pound of raw chicken livers | $\frac{1}{2}$ cup of panada (bread) | $\frac{1}{2}$ cup of butter | 1 whole egg | 1 yolk of egg | $\frac{3}{4}$ cup of cold brown sauce | 1 teaspoonful of salt | $\frac{1}{4}$ teaspoonful of cayenne | $\frac{1}{4}$ cup of chopped truffles | $\frac{1}{2}$ cup of highly flavored brown sauce |
|---|-------------------------------------|-----------------------------|-------------|---------------|---------------------------------------|-----------------------|--------------------------------------|---------------------------------------|--|

Remove from the livers all traces of the gall bladder and pound smooth, add the other ingredients in the order mentioned, pounding smooth between each addition. Before adding the truffles press the mixture through the sieve, then add the last half cup of sauce and beat thoroughly. Pack the mixture solidly in the buttered molds, and make it smooth on top. Cook as usual. Serve with tomato or brown sauce to which mushrooms have been added.

MEDALLIONS OF SWEETBREAD, BÉRENGÈRE

Braise the sweetbreads and cut each piece into four slices. Trim each slice with a round or oval cutter; pipe on the edge of each a thick border of veal or chicken forcemeat; a little ham or tongue used with the veal or chicken will give the forcemeat a more pronounced flavor. Set the medallions on a buttered dish, into a moderate oven to cook the forcemeat. It is cooked when it feels firm to the touch. Set the medallions on croutons of bread of the same size; pipe a star of chestnut or green pea purée in the open center of each. Finish the top with a figure cut from a slice of truffle or a few bits of chopped truffle. Serve around a mound of well-seasoned green peas. Pass a sauce made of the braising liquid and cream separately.

MEDALLIONS OF VEAL, BÉRENGÈRE

Pound a thin slice of veal, cut from the round or fillet, until it is thin and the fibers well broken.

With a sharp knife, using a round cutter as a pattern, cut out medallions or rounds from the veal. Sauté these over a quick fire, to stiffen them, first on one side then on the other. This must be done quickly or it will toughen the meat. Flatten the rounds with a wet cleaver and trim if needed. Then use in the same manner as the sweetbreads in the preceding recipe. Use a forcemeat with panada in both these recipes. Mousseline forcemeat will flatten out too much during the poaching. Poach these without liquid.

CHARTREUSE OF SWEETBREADS

| | |
|--|---|
| 1½ pounds of forcemeat made with cream | Figures cut from slices of cooked carrots |
| 2 poached sweetbreads in slices | Thin squares of cooked turnips |
| ½ pound of fresh mushrooms, cooked and cut in slices | Figures cut from slices of truffles |
| Cooked tiny green string beans | Cooked green peas or two-inch length asparagus tips |

Butter a quart Charlotte mold very thoroughly, dry the vegetables on a cloth, and press them into the butter on the bottom and sides of the mold, then sprinkle generously with melted butter and set the mold on ice to harden the butter and hold the vegetables in place. The mold must be lined completely with the vegetables, the idea being that the lining of vegetables shall conceal completely what is within. A row of asparagus tips close together, with heads on the bottom of the mold, all the tips exactly the same in length, might have a row of carrot lozenges (rounds) above, and above these there might be a

row of the string beans, all cut to the same length and set close together, and above these a row of turnip shapes suitable to fill the mold. The bottom should be covered with vegetables before beginning the sides. When the vegetables are held firm in the butter, spread a layer of forcemeat over them, then sprinkle on some of the sweetbread and mushrooms. Have the layers about half an inch thick and repeat until the mold is filled, having the last layer forcemeat. Let cook about fifty minutes. After removal from the water let stand five or six minutes to settle, then turn from a mold to the serving dish. Surround with flowerets of cooked cauliflower. Serve Velouté sauce in a bowl.

BORDER OF HAM MOUSSELINE WITH MACARONI ITALIENNE

| | |
|--|--|
| 1 pint or pound of raw ham pulp | $\frac{3}{4}$ cup of tomato purée |
| 2 whites of eggs (unbeaten) | $\frac{1}{2}$ cup of brown stock |
| $\frac{1}{2}$ teaspoonful of paprika | $\frac{1}{2}$ pound of fresh mushrooms |
| 2 cups of thick sweet cream (unbeaten) | 3 tablespoonfuls of butter |
| 1 cup of macaroni | 3 tablespoonfuls of flour |

To get the ham pulp scrape small pieces of ham cut from the center of a well-cured ham; pound with one white of egg, then with the other and press through a sieve; let chill, then gradually beat in the seasoning and the cream. Cook in a well-buttered border mold. Unmold and fill the center with the macaroni mixture. For the macaroni mixture peel the mushroom caps, break them in pieces, and cook

in the butter, two or three minutes; add the flour and salt and pepper as needed; stir till the flour is absorbed; add the liquid, stir until boiling and let simmer about ten minutes; add one or two tablespoonfuls of cream or sherry wine and the macaroni; mix thoroughly and it is ready to use.

LAMB CUTLETS, WITH FOIE GRAS AND FORCE-MEAT

| | |
|---|-------------------------------------|
| 8 lamb chops | 2 tablespoonfuls of fine-chopped |
| 4 ounces ($\frac{1}{2}$ cup) of chicken or | truffles or mushrooms |
| veal forcemeat | $\frac{3}{4}$ cup of cracker crumbs |
| 1 small tin of foie gras | $\frac{1}{3}$ cup of butter |

Sauté the chops on one side. Mix the foie gras (cut in cubes) and the truffles or mushrooms with the forcemeat. Put this mixture, dome shape, on the cooked side of the chops. Mix the butter with the crumbs and sprinkle or spread over the force-meat. Let cook in the oven about twelve minutes. If the chops are with bone, put frills over the bones. Serve with Soubise sauce.

TIMBALES OF BEEF TENDERLOIN FOR CHILDREN

Have ready a saucepan of rapidly boiling salted water. Into this sprinkle about half a cup of alphabet paste, and let cook, uncovered, until the paste is tender. Then drain, rinse in cold water, and turn upon a cloth to dry. Butter plain timbale molds with plenty of softened butter. Select letters to form the names of the children for whom they are to be prepared, and press these against the inner sides of the

molds at about the center. Note that in serving the contents of the molds will be reversed. Dispose the letters against the side of the mold as you think they should be. Then verify by holding the molds before a looking-glass. If the names appear right in the glass, they will be right when the dish is unmolded. Let the molds stand in a cool place to chill the butter, as this will hold the letters in place. Prepare a beef forcemeat. Fill the molds with this, and cook in the same manner as all forcemeat preparations. Serve with brown sauce.

BEEF FORCEMEAT

| | |
|---|-----------------------------------|
| $\frac{3}{4}$ pound of beef tenderloin | 2 tablespoonfuls of butter |
| $\frac{1}{2}$ cup of panada (bread) | $\frac{1}{2}$ teaspoonful of salt |
| 2 tablespoonfuls of cold brown sauce | 3 raw eggs |

Prepare as usual.

HAM MOUSSELINE

| | |
|--|-------------------------------------|
| $\frac{1}{2}$ pound (1 cup) of raw ham pulp | 2 yolks of egg, beaten |
| 2 whites of egg, unbeaten | $\frac{1}{2}$ teaspoonful of pepper |
| $\frac{3}{4}$ cup of cold white sauce | Salt, if needed |

1 cup of cream, beaten firm

The ham should be purchased in a thick slice from the upper side (side with deepest edge of fat) of the center of a raw ham. Discard the fat and with sharp knife scrape the pulp from the fibers, then finish and cook as all forcemeat preparations. Cook in a buttered melon mold. After the mousse is unmolded, pipe green pea purée around it. Garnish the purée

with whole peas. Serve with hot cream or tomato sauce. Madeira may be added to the tomato sauce or mushrooms to either.

GREEN PEA PURÉE

Drain the liquid from a can of peas; pour cold water over the peas and drain again. Cover with boiling water, let heat to the boiling point, drain and press the peas through a purée sieve; add half a teaspoonful, each, of salt and black pepper, a teaspoonful of sugar, two tablespoonfuls of butter and stir over the fire until very dry and hot, then use to pipe upon the mousse as indicated.

CRAB MOUSSELINE

| | |
|--|------------------------------|
| 1 cup (generous measure) of crab meat | 2 whites of eggs, beaten dry |
| 2 whites of eggs, unbeaten | 1 cup of cream, beaten firm |
| ½ cup of cold, white or Bechamel sauce | ½ teaspoonful of salt |
| | ½ teaspoonful of paprika |

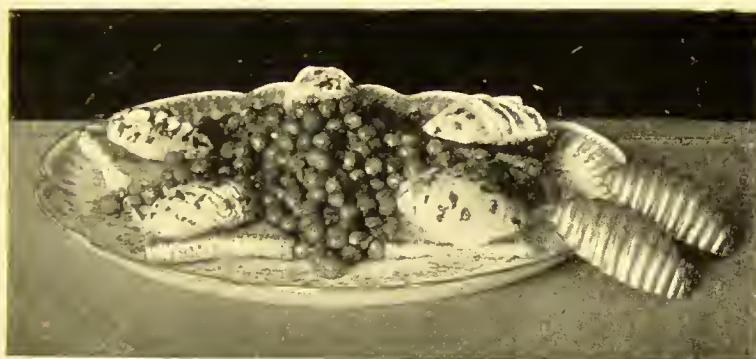
Prepare in the usual manner. Serve with cream, Bechamel or Hollandaise sauce.

SMELETS BAKED WITH FORCEMEAT

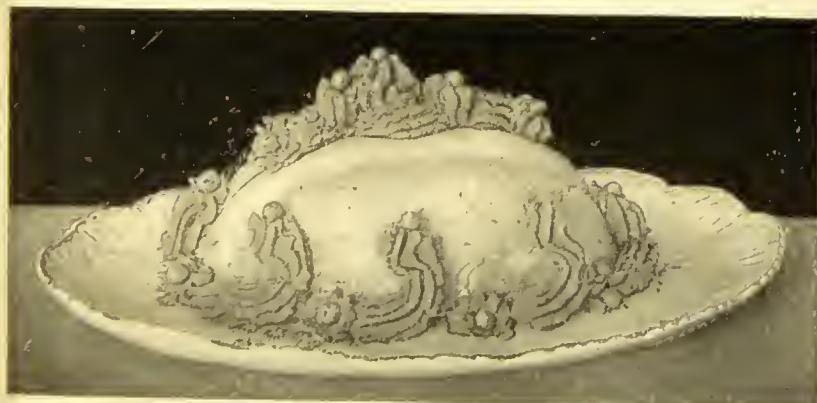
Dress the smelts without removing the heads, splitting them in front from head to tail, and taking out the backbone and the small bones attached. Spread the fish in a buttered baking-dish. With buttered toothpicks, fasten the heads and tails in an upright position, then press (with pastry bag and tube) a strip of fish forcemeat down each fish be-



TIMBALES OF BEEF TENDERLOIN FOR CHILDREN. — *Page 202.*



VEAL QUENELLES, WITH GREEN PEAS. QUENELLE MOLDS. — *Page 197.*



HAM MOUSSELINE, CANNED PEA PURÉE. — *Page 203.*



SALMON MOUSSELINE, MOLD DECORATED WITH CAPERS. — *Page 205.*



SALMON MOUSSELINE. — *Page 205.*



TRUFFLED FISH MOUSSELINE, NO. 2, WITH POTATO ROSETTES AND BALLS.
— *Page 207.*

tween the head and tail. Add a little stock (fish or chicken) or hot water, two or three slices of onion, and a little lemon juice. Cover with a buttered paper, and bake about fifteen minutes (or less) in a moderate oven, basting twice with melted butter. Remove the smelts to a serving dish with a spatula. Thicken the liquid with roux for a sauce. Add parboiled oysters to the sauce.

A SIMPLE FISH - FORCEMEAT FOR SMELOTS

Use any firm white fish for the forcemeat: either halibut or flounder is appropriate. Pound half a cup of fish, freed from the skin and bone, in a mortar. Add gradually the white of a small egg, and then half a cup of double cream. After pounding to a smooth paste, press the mixture through a purée sieve. Season with half a teaspoonful of salt and one-fourth a teaspoonful of pepper.

SALMON MOUSSELINE

(Hot)

| | |
|---|--|
| $\frac{1}{2}$ pound of raw salmon free of skin and bones | $\frac{1}{2}$ cup of chicken or fish broth |
| 2 yolks of eggs | 1 cup of double cream |
| 1 tablespoonful of butter | 2 whites of eggs, beaten dry |
| 1 tablespoonful of flour | $\frac{1}{2}$ teaspoonful of salt $\frac{1}{2}$ teaspoonful of pepper |

Less than a pound of fish as it is purchased will be needed. Discard skin and bones. Pound the flesh to a smooth consistency, add the yolks and pound again. Before pounding the fish make a sauce of the butter, flour, salt and pepper as needed, and the

chicken or fish broth, and let this cool. Add to the fish and egg mixture and pound again, then fold in the whites of eggs, beaten dry, and the cream, beaten firm, also the salt and pepper. Turn into a mold decorated with figures cut from truffles. Let cook on several folds of paper and surrounded with hot water until firm in the center. Serve turned from the mold. Decorate the platter with duchesse potato rosettes or potato balls. Serve Hollandaise, drawn butter, caper, fish-Bechamel or oyster sauce in a bowl apart. Lobster, shrimp, crabflakes or halibut may be used in place of the salmon. The mold may be lined with waxed paper, truffles not being used.

TRUFFLED FISH MOUSSELINE, NO. 1

| | |
|---|-----------------------------|
| 1 cup of fish pulp ($\frac{1}{2}$ pound) | $\frac{1}{3}$ cup of butter |
| $\frac{1}{2}$ cup of panada | 1 cup of cream, beaten firm |
| 3 whites of egg, unbeaten | Truffles as needed |
| $\frac{1}{2}$ teaspoonful of salt | |

Butter a fish mold very thoroughly; cut truffles into thin slices, and these into half rounds and strips to fit the depressions in the mold. Sprinkle a little melted butter over the pieces of truffle, here and there, to help hold them in place, cover and let stand on the ice until ready for use. This may be done the day before the dish is to be served. Any firm fish may be used (black bass will not do), halibut or flounder are suitable. Pound the pulp, scraped from the fibers, in a wooden bowl, add the panada and salt and pound again, then the butter, and when all is

smooth the whites of egg, one after another. Press through a sieve. Then gradually beat in the cream, beating it in thoroughly and smoothly. Fill the decorated mold solid and make the top perfectly smooth. Cook as usual. It will take from twenty-five to forty minutes. When unmolded set around it duchesse potato rosettes with a cooked potato ball above, sprinkle the balls with parsley. The rosettes should be brushed with beaten egg and browned on the edges in the oven. Serve with any fish sauce. The trimmings will give stock.

TRUFFLED FISH MOUSSE, NO. 2

| | |
|---------------------------|------------------------------|
| 1 cup of fish pulp | ½ teaspoonful of salt |
| ½ cup of white sauce | 2 whites of eggs, beaten dry |
| 2 whites of egg, unbeaten | 1 cup of cream, beaten firm |

Press the mixture through the sieve after the unbeaten whites of egg are thoroughly blended with the other ingredients, then beat in the beaten whites and cream, mix thoroughly and finish as above.

FISH TIMBALE EN SURPRISE

| | |
|------------------------------|--------------------------------|
| 1 pound firm white fish pulp | 1 cup of cream, beaten firm |
| ½ fish roe | ½ fish roe cut in cubes |
| ¼ cup of panada | Same measure of thick sauce as |
| ½ cup of butter | roe (but sauce scant or roe |
| 1 teaspoonful of salt | measured generously) |
| ½ teaspoonful of paprika | Fine-chopped parsley |
| Whites of 3 eggs | |

Make a forcemeat preparation, pounding the first half-roe with the fish pulp; add the whites of eggs,

unbeaten, and fold in the cream. Cook the other half of the roe half an hour in simmering water; stir this into the sauce and use as a center, lining the mold with the forcemeat. Sprinkle the thoroughly buttered mold with the parsley. Serve with any fish sauce.

TURBAN OF TROUT FILLETS À LA VILLARET

Butter a medium-sized Savarin mold (Turk's head mold). Have ready enough fillets from brook trout of a length equal to the height of the mold. Each trout gives two fillets. If the trout be salmon-colored, alternate the fillets with fillets from halibut or similar white fish. Trim all the fillets straight on each side, press them against the sides of the mold, aslant, following the pattern of the mold. At the top, where the pattern is wider, slip a slice of truffle between each two fillets, letting one side of the slice go under one fillet and over the other, sprinkle a few drops of melted butter on each and let chill to hold in place. If there be space, have two rows of truffles completely around the mold. Also let the ends of the fillets lie over the edge of the mold both at the top and at the bottom. At the bottom they will extend up on to the tube found in a Savarin mold. When the butter has chilled and the lining of the mold is in perfect condition, fill it with a mousseline forcemeat made of lobster. Turn the ends of the fillets over the forcemeat and make the mixture perfectly smooth on the bottom. Poach on

paper surrounded with water until firm in the center. Remove from the water and let stand a few moments to contract a little. Unmold on a serving dish. Fill the open space in the center with shrimps made hot in Bechamel sauce to which a little lobster butter has been added. Truffles in slices may be mixed through the sauce.

PAIN OF CAULIFLOWER

| | |
|--|-------------------------------------|
| 2 cups of cauliflower purée | $\frac{1}{2}$ teaspoonful of pepper |
| 1 cup of sifted white bread crumbs | (2 tablespoonfuls of butter with |
| 1 cup of milk, cream or chicken broth | milk or broth) |
| | 3 eggs |
| 1 teaspoonful of salt | |

Stir the liquid (whichever is used) and bread over a quick fire to a smooth paste; if cream was not used, add the butter; add the salt, pepper and purée and mix thoroughly, add the beaten yolks of the eggs and when well blended, thoroughly fold in the whites of the eggs, beaten dry. Have a quart mold neatly lined with paper (such as is used in wrapping butter, fish, etc.); butter it thoroughly and turn in the mixture. Tap the mold gently on the table, that the mixture may settle and fill the mold evenly. Set on several folds of paper in a dish and turn boiling water around the mold to reach nearly to the top of it. Let cook in the oven, without the water boiling, until firm in the center. It will take about an hour. Unmold and serve with cream, Hollandaise or Mousse-line sauce. Be sure to line the mold. This is good reheated.

CHAPTER VIII

ENTRÉES COMPOSED OF FILLETS, SUPREMES, CUTLETS, ETC.

IN this chapter we consider entrées in which the principal ingredient is a solid piece of meat or fish or the whole of a small object, as an oyster or crab. When pieces of meat or fish are selected, they should be trimmed to a uniform shape and size and all unedible portions discarded. When the whole of a chicken is to be used, separate it into pieces for serving at the joints, and discard those having but little flesh and rough bones. Chops with the rib bone left in are also included in this list. It is well to remember, however, that as a rule the choicest entrées are those in which no bone or other unedible portion is found, and also that anything as large as a joint of a chicken is a rather substantial entrée. Such dishes are included in these recipes as they are eminently suited to little dinners in which an entrée is served in place of the roast. In using a fillet of beef or a boned loin of lamb, remove skin and fat, leaving nothing but solid meat to be cut into the shapes specified. The fillet is usually cut crosswise of the grain, and often a little on the slant or bias.

Boned loin of lamb, from which the flank has been taken up to the eye of tender meat, may be cut into pieces (rounds) called noisettes and served after the recipes given for tournedos of beef.

When the breast of a chicken is removed from the bones, with the first joint of the wing attached to each side, and the flesh separated into two pieces on the line over the breast bone, two *chicken cutlets* are secured. Each cutlet is made up of two fillets which separate naturally. One fillet is large and one small. For most dishes in which cutlets are used the whole cutlet comprises a single service, thus quite young chickens should be selected. When the breast is removed without the wing joint, and the large fillet is cut into slices, the shape and thickness of the small fillet, plump young pullets should be selected.

Great neatness must be shown in the cutting of fillets, tournedos and noisettes of meat.

I. SEA FOOD

OYSTERS, MANHATTAN STYLE

| | |
|--------------------------------------|--------------------------------------|
| 3 to 6 oysters for each service | 1 tablespoonful of fine-chopped |
| For 2 dozen oysters take | parsley |
| $\frac{1}{2}$ cup of butter | Bacon as needed |
| $\frac{1}{2}$ teaspoonful of salt | $\frac{1}{4}$ lemon for each service |
| $\frac{1}{2}$ teaspoonful of paprika | |

The oysters should be fresh-opened. Dispose them on the deep part of the shells. Cream the butter and work into it the salt, paprika and parsley; divide the prepared butter and put a bit on each

oyster, then cut slices of bacon into lengths to cover the oysters, one over each. Let cook about twelve minutes in a hot oven, or until the bacon is crisp. Serve each shell on a folded napkin with a quarter of a lemon.

For Oysters à la Mornay see Chapter IV.

FRIED OYSTERS, WITH CABBAGE TARTARE

Wipe a pint of choice oysters on a soft cloth; season half a cup of flour with salt and pepper, roll the oysters, one by one, in the flour (more may be needed), then dip in an egg beaten with three tablespoonfuls of milk, and, finally, roll in sifted bread or cracker crumbs. Fry in deep fat. In an ordinary frying bowl five or six oysters may be fried at a time. Drain on soft paper at the mouth of the oven. Let each oyster lie by itself on the paper while draining (to avoid softening the crust). The fat should be hot enough to brown the crumbs and cook the oysters in eighty or ninety seconds. A skimmer is quite as good as a frying basket for oysters; slip from the skimmer into the fat and remove with the skimmer when cooked. Have ready a thick napkin (made hot in the oven) on a serving dish. On this set a bowl, made of a cabbage, filled with cabbage tartare; dispose the oysters on the napkin around the cabbage. Serve at once. Cole slaw or Philadelphia relish may replace the cabbage tartare. This dish should be served by an attendant upon plates previously set down before those to be served.

CABBAGE TARTARE

Remove the center from a small, hard head of cabbage, to leave a thin shell. Chop the cabbage fine; add enough sauce tartare to hold the cabbage together, and use to fill the bowl or shell. Finish with four stoned olives.

PHILADELPHIA RELISH

| | |
|---------------------------------------|--|
| 1 pint of cabbage (chopped very fine) | $\frac{1}{4}$ cup of brown sugar |
| | $\frac{1}{4}$ cup of vinegar |
| 2 green or red peppers | $\frac{1}{2}$ teaspoonful of celery seed |
| $\frac{1}{2}$ teaspoonful of salt | 1 teaspoonful of mustard seed |

The cabbage should be very crisp, and both cabbage and peppers, chopped exceedingly fine. Mix all the other ingredients together and pour over the cabbage and peppers. Mix and serve.

SOFT-SHELL CRABS, FRIED

Crabs are found on all our seacoasts. During the spring and early summer the shells are shed, and the crabs are taken before the new ones have time to harden. Soft-shell crabs are considered by many a luxury. Crabs are kept alive until time of cooking, usually in baskets or boxes of seaweed in contact with ice. The under side of the crab is lighter in color. The large claws are in front to protect the head: the others are back of these along the sides. The eyes in front are easily distinguishable. The covering on the back tapers to a sharp point, running out on each side over the claws. Set the

crab in its natural position. Take hold of one of the points. Turn it backward and scrape out the breathing organs beneath. Repeat this process on the other side. Now turn the crab on its back. A point of soft shell may be seen at the center. Sometimes this is light and sometimes dark colored. With the thumb and finger lift this point, and pull it from the crab. Also scrape away the spongy organs found beneath. Wash the crabs in cold water, and wipe gently with a soft cloth. When perfectly dry, sprinkle with salt and pepper, roll in sifted bread crumbs, then dip in beaten egg. Again roll in bread crumbs, and fry in hot fat to a golden brown. Cook about three minutes. Serve at once with sauce tartare.

FRIED SCALLOPS IN BREAD BASKET

Pour boiling water over the scallops, heat quickly to the boiling point, drain and dry on a cloth. Roll in sifted bread crumbs, then in an egg, beaten and diluted with a tablespoonful of milk, and again in fine crumbs. Fry in deep fat and drain on soft paper. Have ready a case or basket made from a five-cent loaf of baker's bread; turn the scallops into the basket, decorate with parsley and serve at once, with sauce tartare in a separate dish. To make the case, remove the crust from the bread and cut a slice from the top for a cover, cut out the center, leaving on all sides a wall half an inch thick; brush over the cover and the case both inside and out with melted butter and let brown in a hot oven. Brush

over the bottom of the serving dish with white of egg, set the hot case upon it and the egg will harden and hold the case firmly in place. Silver skewers will be needed to hold the cover open. Serve with sauce tartare in a bowl.

SHAD ROE, MARYLAND STYLE

Wipe two shad roe with a damp cloth, or carefully rinse them in cold water. Do not break the skin. Butter an agate or earthen baking dish, set in the roe, dot them with bits of butter, turn in half a cup, each, of white broth and sherry wine or water, cover and let cook in the oven fifteen or twenty minutes. Have ready the beaten yolks of two eggs, mixed with half a cup of cream; stir these into the liquid and when slightly thickened set two bacon "rolls" on each roe and serve at once in the baking dish. Additional salt, also pepper to taste will be needed.

BACON ROLLS

Roll thin slices of bacon into a compact roll and run a wooden toothpick through each roll to hold it in shape. Set into a frying basket and fry in deep fat. Remove the toothpicks before serving.

SHAD ROE, CREOLE STYLE

Prepare the roe as above. Cook a tablespoonful of chopped bacon, a tablespoonful, each, of chopped green pepper and onion in two tablespoonfuls of butter; add two tablespoonfuls of flour and cook

until brown, then add half a cup of beef broth and three-fourths a cup of tomato purée, and when boiling turn over the roe disposed in a buttered baking dish. Cover and let cook in the oven fifteen or twenty minutes. Serve in the dish.

SMELTS, VICTORIA STYLE

Bone the smelts and skewer together in pairs. Use wooden toothpicks carefully dipped in melted butter; fasten the tail of one smelt into the mouth of another, the flesh sides together. Dip in cream seasoned with salt, pepper and onion juice, and then in flour. Bake in a hot oven, basting with melted butter, fifteen minutes. Serve on a hot dish with sauce tartare in a bowl.

FILLETS OF FISH, FRANÇAISE

| | |
|--|-----------------|
| Two slices of halibut half an inch thick | Salt and pepper |
| | Fish broth |
| Juice of half a lemon | Tomato sauce |
| Thin slices of onion | |

Select slices of halibut that will give four fillets of a size suitable for individual service. Use the trimmings in making fish stock. Let the fillets stand with the slices of onion between them and the lemon juice over them an hour or more. Season each fillet with salt and pepper, and fold over a square piece of parboiled potato, dipped in butter (to facilitate its removal). Set the fillets in a buttered dish and strain in the fish stock; pour a little melted butter

on each fillet and bake about twelve minutes, basting two or three times. Make a sauce of the liquid in the pan and tomato purée thickened with roux. Serve with potato balls cut with a French scoop, boiled, rolled in butter, and sprinkled with fine-chopped parsley.

HOT MEDALLIONS OF HALIBUT, VERMICELLI STYLE

Have halibut steaks cut a generous half-inch thick. Remove skin and bone from the steaks, to secure fillets or pieces containing nothing unedible. Press each fillet into a flat, round, or medallion shape, and use wooden toothpicks, dipped in melted butter, if necessary, to hold these in shape. Squeeze a little lemon juice over the prepared fish. Then pile the medallions one above another, with slices of onion between, and set aside until ready to cook. Cover the bones and trimmings with cold water. Add a few slices of carrot and half an onion, into which three cloves have been pressed and let simmer half an hour for stock. Two hard-cooked eggs are needed for each four medallions. Set the medallions in an agate baking dish, a bit of butter on each; pour in half a cup of fish stock and let cook very gently ten or fifteen minutes. Make (for eight fillets) a pint of fish Bechamel sauce, using for this the fish stock and cream. Lay the medallions on a serving dish, or individual dishes, remove toothpicks if present. To half of the sauce add the chopped whites

of eggs and spread over the medallions, sift the yolks above. Serve the rest of the sauce around the fish.

BROILED HALIBUT FILLETS, WITH DUCHESSE POTATO BALLS

Have slices of halibut cut below the opening in the body of the fish. From these remove the skin and bone, thus securing four fillets from each slice. Set these in a hot and well-oiled broiler and let cook over hot coals until browned a little on each side. Turn every ten seconds. From six to ten minutes, according to the thickness of the fillets, will be required for cooking. After the first two minutes draw the fish farther from the coals. Set the fillets on a hot platter, and dispose the balls around them; serve sauce tartare in a bowl.

For the balls shape duchesse potato mixture into balls an inch and a half in diameter, egg-and-bread crumb, and fry in deep fat.

BROOK TROUT AU BLEU

The trout should be fresh from the water; drain and wash them thoroughly. About ten minutes before serving have ready court bouillon, boiling in a shallow basin; throw the trout into the boiling liquid; they will contract and the skin break. Let boil one minute, then let simmer four or five minutes (for fish weighing five or six ounces). Drain, dispose on a napkin, garnish with parsley. Serve with Hollandaise sauce.



PAIN OF CAULIFLOWER. — *Page 209.*



FRIED OYSTERS, CABBAGE TARTARE. — *Page 212.*



FRIED SCALLOPS IN BREAD BASKET. — *Page 214.*



BROILED HALIBUT FILLETS, DUCHESSE POTATO BALLS. — *Page 218.*



SWEETBREADS ALICE. — *Page 227.*



FILLETS OF HALIBUT, ST. GERMAIN STYLE. — *Page 225.*

BROOK TROUT À LA MEUNIÈRE

Ordinary butter may be used, but clarified butter is preferable. Season the fish, drawn, washed and dried (boned or not as is desired) with salt and pepper on the inside, roll in flour and let cook in hot butter until browned on one side, then turn and brown the other side. Remove with a spatula to a hot serving dish, squeeze over a little lemon juice and sprinkle with parsley, chopped coarse. For three fish put a tablespoonful of butter into the frying pan, let heat until it begins to brown slightly, then pour over the fish and serve at once. The butter will froth when it comes in contact with the parsley.

FILLETS OF WHITE FISH À LA MEUNIÈRE AUX
CÈPES

Cook as trout à la Meunière. Surround with a border of fresh mushroom caps, peeled, sliced and frizzled in butter.

FILLETS OF FISH, DUGLÉRÉ

Separate the fish into fillets. The fillets may be left plain, rolled into turbans and each held in shape with a buttered toothpick, or folded over a buttered strip of potato as wide as a fillet and half an inch thick. Sprinkle half a chopped onion and two chopped tomatoes in an agate baking dish and add two parsley branches, half a teaspoonful of salt and half a teaspoonful of paprika. On this bed set eight or ten fillets of fish, pour over one-fourth a cup of

Sauterne and set to poach in a moderate oven. Baste several times. The fish will cook in about twenty minutes. Dispose the fish on a serving dish. Strain off the liquid from the pan, pressing all juice from the vegetables. Use this with cream and fish stock, if needed, in making a cup and a half of sauce. Finish the sauce with a teaspoonful of lemon juice and a tablespoonful of butter, added in bits. If the tomatoes are juicy, the liquid in the dish may need to be reduced over the fire before using it for the sauce. The sauce should be poured over the fish.

POACHED FILLETS OF FISH, WITH OYSTERS

Prepare the fillets as in the preceding recipe. Dispose them in a buttered dish. Squeeze the juice of a lemon over them (eight or ten fillets) and sprinkle with melted butter. Let poach in a very moderate oven, basting with melted butter or the liquid in the pan. Sprinkle with salt when half cooked. When about ready to serve have ready about one-fourth a cup of Worcestershire sauce at the boiling point; add as many oysters as fillets of fish and beat quickly to the boiling point; shake the pan until the oysters look plump and the edges ruffle a little. Dispose the fillets on a hot dish, surround with the oysters in the Worcestershire sauce, and serve at once.

FILLETS OF HALIBUT, AMERICAN STYLE

The fillets may be secured from thin slices of halibut of good size or from one side of a small

halibut lifted from the central bone. Cut eight or ten fillets of the same size and with pointed ends. Fold over a double cube of raw potato, well-buttered to remove easily, and set to poach in about a cup of well-reduced fish stock, made from the trimmings of the fish. See Chapter II. Dispose the fillets in an oval wreath on a hot dish, one overlapping another, the pointed ends underneath. Pour lobster, cooked American style, into the center of the dish and sprinkle the whole with coarse-chopped parsley. For Lobster, American Style, see Chapter V.

FRIED FILLETS OF FISH

Halibut, flounder and bass are particularly good cooked in this way. The fish must be free of bones and skin and the fillets should be of the same shape and size. Rub the fillets with the cut side of an onion and sprinkle them with melted butter and lemon juice, or let them stand half an hour in French dressing, to which onion juice has been added. Drain, roll in flour, then in egg and crumbs, and fry in deep fat. It will take about six minutes to cook the fillets. Drain on soft paper. Serve with highly seasoned tomato sauce, sauce tartare, or Béarnaise Tomatée.

JULIENNE OF HALIBUT, FRIED, FIGARO SAUCE

Have slices of halibut, three-fourths an inch thick; remove the fillets, cut these in halves, lengthwise, and then crosswise, if of a suitable length. Sprinkle

with salt, paprika, onion and lemon juice, roll in flour, then dip in fritter batter and fry in deep fat. The strips will cook in three or four minutes, as soon as the batter is colored properly. Drain on soft paper, then disposé in a hot oven until all are cooked. Do not let the pieces touch each other or they will lose crispness. Serve on a plate covered with a hot napkin. Serve the cold Figaro sauce in a bowl apart.

FILLETS OF SEA TROUT, BAKED

Skin one large or two small sea trout, then carefully "lift" or push the flesh from the bones in two long fillets or strips; cut these into pieces suitable for serving, having all of same shape and size, also about twice as long as wide. Fold the fillets and trim them to a point at one end. Butter an agate or similar baking dish; spread over the bottom a small onion, two tomatoes, freed from the skin and with seeds pressed out, and half a green or red sweet pepper, all chopped fine. On this bed set the fillets; cover with a buttered paper and set aside in a cool place. Put the skin, the bones, broken into several pieces, and the heads in a saucépan and cover with cold water; add part of an onion and two sprigs of parsley and let cook until time to cook the fillets. Then take up the buttered paper and pour in about three-fourths a cup of the fish stock and half a cup of Sauterne; sprinkle the fish with salt, return the buttered paper to place and let cook in a moderate

oven about twenty minutes. Remove the fillets to a hot dish and cover, to keep hot. Strain the sauce; add half a cup of thick, hot tomato purée and beat in the yolks of two eggs, beaten into one-fourth a cup of creamed butter. Season as needed with salt and pepper, and pour over the fish. Serve at once. The sauce must not boil after the addition of the yolks of eggs or it will curdle. Often chicken stock is better than stock made from the trimmings of the trout.

BAKED BLUEFISH, ITALIAN STYLE

Cut a cleaned bluefish in heart-shaped pieces. If the pieces are too large for one service, divide to make half-heart pieces. Chop fine (to serve eight or ten) three shallots or one Bermuda onion, and sprinkle in a buttered pan; lay the slices of fish above, season slightly with salt and pepper, add a few spoonfuls of fish stock, and cover with a buttered paper. Let cook till the flesh separates easily from the bones,—about twelve minutes,—basting three times. Remove the slices to a serving dish, pour over a cup and a half of Italian sauce, to which the broth in the dish has been added, and serve at once.

FILLETS OF HALIBUT, WITH ASPARAGUS TIPS

For eight fillets purchase two slices of halibut, cut, half an inch thick, from below the body opening of a small fish. Remove skin and bones, and use

these with two or three slices, each, of onion and carrot, two stalks of parsley and a few leaves of sweet basil (dried) in making stock. Season the fillets with salt and pepper; after squeezing over them a few drops of lemon juice, fold in the middle over a piece of uncooked potato, half an inch thick and as long as the fillets are wide, well-buttered, that it may be removed easily; pour over the fillets, disposed in an agate baking dish, a little of the fish stock and let cook about fifteen minutes, basting with the stock three times. Chop fine two ounces of fresh mushrooms and cook in one or two table-spoonfuls of butter about five minutes; add one-fourth a cup of cream and one-half a cup of fresh cooked-and-drained asparagus heads. Set the fillets of fish on a serving dish, first removing the pieces of potato; add the liquid in the pan to the mushrooms, cream, etc., and let boil once, then pour over the fish and serve. Serve at the same time rolls or potatoes in some fancy style.

BAKED FILLETS OF FISH, MOUSSELINE

Fasten the ends of short fillets of fresh fish together with a buttered toothpick, to form short cylinders, season with salt and pepper, add mushroom liquor, if at hand, and let cook in the oven about twelve minutes, basting three or four times with the liquid in the pan. Pipe duchesse potato in the center of an au-gratin dish and brush this with

the beaten yolk of an egg diluted with two tablespoonfuls of milk; set the fillets around the potato, pour over them a little melted butter and set into a hot oven, to brown the edges of the potato. With the fish broth in the baking pan and an equal measure of thin cream and flour and butter as required, make a sauce into which stir the rest of the egg yolk. Serve this sauce in a bowl. Put a spoonful of green mousseline sauce in each cylinder of fish and serve at once.

GREEN MOUSSELINE SAUCE

To recipe for Bearnaise sauce beat in three tablespoonfuls of cooked spinach, drained and pressed through a sieve (the spinach must be a consistent pulp) and one-fourth a cup of cream, beaten firm.

FILLETS OF HALIBUT, ST. GERMAIN

To serve eight get two slices of halibut half an inch thick from below the body opening in the fish. Remove the fillets, sprinkle with lemon juice, salt and pepper, roll, and run through each a wooden toothpick dipped in melted butter (that it may be removed easily). Egg-and-bread crumb the turbans and fry in deep fat about six minutes. Drain on soft paper. Dispose each fillet on a slice of lemon. Over each turban set a spoonful of thick Bearnaise sauce. Dispose fried potato balls at each end of the dish.

FILLETS OF STRIPED BASS, BLACK BASS, WHITE FISH, HALIBUT, ETC., EN COCOTTE

Remove the fillets from the fish, discarding skin and bones; trim all to the same shape and to a size suitable for one service. Season with salt and pepper. Roll them in turban or barrel shape and set each in a cocotte — a small earthen dish in which a single egg is cooked. For eight fillets prepare a generous cup or a cup and a fourth of Mornay sauce. Pour the sauce over the fillets and sprinkle the top of each with a level tablespoonful of Parmesan cheese. Cook in a very moderate oven about twelve minutes. Serve in the cocottes set on plates covered with a napkin.

FILLETS OF FISH, WITH OYSTERS

Take the fillets from any variety of white fish; fold over a piece of buttered raw potato the width of the fillet, season with salt and pepper, and set in a buttered dish. For eight fillets bring a pint of oysters quickly to the boiling point, keep the oysters hot, and drain the liquid over the fillets. Let poach in a moderate oven about twelve minutes. Drain off the liquid and let it reduce; add one cup of velouté sauce and half a cup of cream and season as needed; add two tablespoonfuls of butter, a little at a time, and beat it in thoroughly. Add the oysters and when very hot, remove the bits of potato from the fillets and pour over the sauce.

II. VEAL AND CHICKEN

SWEETBREADS ALICE

(Fillipini)

| | |
|--------------------------|---------------------------|
| 6 " heart " sweetbreads | 2 cups of milk |
| Lardoons of pork | 12 mushroom caps |
| 1 teaspoonful of salt | 1 tablespoonful of butter |
| ½ teaspoonful of paprika | 1 teaspoonful of flour |
| Grating of nutmeg | 6 rounds of toast |
| 1½ cups of cream | |

Clean and blanch the sweetbreads as usual, but cook for only five minutes. With fine larding needle draw four lardoons of fat pork into each sweetbread, lay them, side by side, in a covered baking dish and sprinkle in the seasonings; add the milk and cream, cover the pan and heat to the boiling point. Let simmer ten minutes, then add the mushroom caps, nicely peeled, and let cook fifteen minutes. Cream the butter and beat the flour into it; dilute with a little of the hot liquid, stir smooth, then stir into the dish, taking care to keep the sweetbreads whole. The rounds of toast must be of a size to fit under a mushroom bell. Set each round of toast upon a round egg " shirrer," and on each slice set a sweetbread and two mushroom caps, then put the " bells" in place. Pour the sauce into the shirrers around the bells, thus sealing the contents beneath them. Let the dishes stand on top of the stove till the sauce boils, then cook in the oven ten minutes. Send to the table without removing the bells.

SWEETBREADS, SAUTÉD, SAUCE BEARNAISE TOMATÉE

Blanch the sweetbreads by recipe given in Chapter II. When about ready to serve, have ready in a frying pan hot bacon fat (mild cured) or butter. Lay in the sweetbreads, and cook until browned on one side, then turn and cook on the other side. Or brush over the sweetbread with bacon fat or butter and broil over a gentle fire, turning often and basting with fat occasionally. Set on a hot platter. Surround with little piles of cooked and buttered vegetables, and serve the sauce in a dish apart. A little of the sauce may be poured over flowerets of cauliflower placed between the groups of vegetables.

For the sauce "Béarnaise Tomatée" see chapter on sauces.

BRAISED SWEETBREADS, WITH MACARONI

| | |
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| 2 pairs of sweetbreads | 3 tablespoonfuls of butter |
| Lardoons of pork or ham | 3 tablespoonfuls of flour |
| 1 small carrot and | 1 cup of rich brown stock |
| 1 small onion sliced | ½ cup of tomato purée |
| 1 branch parsley | 1 teaspoonful of red pepper pulp |
| melted butter | 1 teaspoonful of horseradish |
| 1 cup of broth | 1 teaspoonful of salt |
| ¾ cup of macaroni | ½ cup of Parmesan cheese |

Cleanse and blanch the sweetbreads, but let them cook only five minutes. Draw lardoons of pork or ham into each. Put the trimmings from the lardoons into an agate dish, add the sliced vegetables, and upon these lay the larded sweetbreads, baste

with melted butter and let cook six or eight minutes; add the broth, cover, and let cook in the oven about forty minutes. In the meantime cook the macaroni, broken in inch lengths, until tender, then finish blanching. Make a sauce of the other ingredients, adding the horseradish and pepper, then the macaroni and cheese. Lift the macaroni with two forks to mix it thoroughly with the sauce and cheese, then when very hot turn it on to a hot dish and set the sweetbreads above it. Or, serve the sweetbreads on plates in individual nests of macaroni.

SLICES OF SWEETBREADS, DORIA STYLE

Cut four heart sweetbreads, blanched nicely, in halves, horizontally. Trim all to the same shape and size, and sauté in butter. When nearly done, take out the sweetbreads. Add butter, if needed. Then, when hot, add three tablespoonfuls of flour, half a teaspoonful of salt, and a dash of paprika. Cook until frothy, then add a cup of cream and three-fourths a cup of chicken broth or white stock, and stir until thickened. Have ready three green cucumbers, pared and cut in quarters. Remove the seeds, and cut the quarters in smaller pieces, if needed, trimming off the sharp corners. Cook these until tender in boiling, salted water, then drain, and return with the sweetbreads to the sauce. Add such seasoning as is needed. Fry eight rounds of bread in butter or olive oil. Dispose them on a dish. On each set half a sweetbread and two or three pieces

of the cucumber. Pour over the sauce, and garnish with toast points and parsley.

STUFFED SWEETBREADS, WITH PEAS

Parboil and blanch a pair of sweetbreads. With a sharp knife split each lengthwise, and take out about a teaspoonful of meat from each side, leaving a cavity in the center. Fill this with a forcemeat, made by chopping the meat extracted with an equal measure of boiled ham, a sautéed mushroom, a slice of green pepper pod, and a sprig of parsley. Season with a few drops of onion juice. Press the halves, thus stuffed, firmly together, and bind with a strip of cotton. Set these on the rack in a dripping-pan, lay a slice of bacon over each, and put a little stock in the pan. Cover closely, and cook half an hour. Turn the sweetbreads, baste thoroughly, cover, and cook about ten minutes, then baste with butter, dredge with flour, and let brown. Take up the sweetbreads, thicken the broth with flour mixed with cold water, season as needed, and serve in a dish apart. Surround the sweetbreads with peas, buttered and seasoned with paprika, salt and butter. The sweetbreads may be cooked in a casserole.

ESCALOPS OF SWEETBREADS, WITH ASPARAGUS TIPS

Blanch the sweetbreads in the usual manner; cut them into slices, egg-and-bread crumb, and sauté in clarified butter. Dispose them on a hot dish in a

circle. Serve at the same time a dish of asparagus, cut in pieces, boiled tender and until the liquid is nearly evaporated, seasoned with salt and pepper and tossed in butter.

GRILLED SWEETBREADS, WITH PEAS

Clean and then cook the sweetbreads about half an hour. Let them cool under a weight. Cut them in two laterally and at the thickest point, dip in melted butter and set to grill over a rather dull fire, basting several times with melted butter. Spread with maître d'hôtel butter. Serve green peas in a dish apart.

GLAZED SWEETBREADS, WITH CANNED MUSHROOMS

Soak and clean the sweetbreads and lard them on the best sides. Lay the trimmings of pork in a terrine; add a tablespoonful of chopped onion, two tablespoonfuls of chopped carrot, two parsley branches and a stalk of celery cut in bits; lay the sweetbreads on the vegetables, larded side upwards; add about a cup of hot broth, cover the dish and let cook in the oven about forty-five minutes. Set the sweetbreads on a shallow dish, baste the sweetbreads with melted glaze or with butter, and let stand in the oven to become nicely but delicately browned. Repeat the basting every five minutes. In the meantime strain off the liquid from the terrine, pressing out all that is possible from the vegetables, and use

this with cream as the liquid in making sauce. For a pair of sweetbreads make a cup of sauce and add a dozen and a half of canned mushrooms. Set the sweetbreads in the center of a dish and pour the sauce and mushrooms around them. This dish may be prepared in a casserole; in this case simply add hot cream with the mushrooms to the vegetables and sweetbreads, season as needed and serve from the casserole.

MARROW FRITTERS, D'UXELLES STYLE

Cut beef marrow into slices an inch thick. Let stand two hours in cold water. Cover with water, just below the boiling point, and let stand about ten minutes. Drain and chill. Dip each slice in well-reduced D'Uxelles preparation to coat it thoroughly and set on a plate brushed over with olive oil on ice. When cold and ready to serve, dip each coated slice in fritter batter, or egg-and-crumb it, and fry in deep fat. Drain on soft paper and set on a napkin.

VEAL CUTLETS, MILANAISE

Have slices of veal cut from the best part of the leg (round). With a cleaver moistened in cold water flatten the meat to half its thickness, and, with a cutlet or a round mold for a pattern, cut out pieces of the same shape and size. The shapes cut will be smaller than the pattern when cooked. Egg-and-bread crumb the meat and sauté it in hot olive oil or clarified butter or in part of each. Cook on one side,

then turn to cook the other side. Cook quickly or the meat will be toughened. Serve macaroni Milanaise in a separate dish. See Chapter IV.

VEAL PAUPIETTES

Prepare the veal as above, but flattening the meat to a thickness of one-fourth an inch. Cut the meat into pieces four inches long by two inches wide. Use the trimmings for a forcemeat. Any of the recipes given for forcemeat may be used. Or, the bits of veal may be chopped with one or two slices of bacon and seasoned with mace or sweet herbs, salt and pepper. Spread the prepared mixture on the pieces of veal, roll each piece like a scroll and tie with string in two or three places, to hold them firm. Braise until very tender. Serve with a purée of vegetables and the braising liquid made into a sauce.

FRIED CHICKEN, MARYLAND STYLE

Singe and clean, then separate a young chicken weighing about two pounds and a half into pieces at the joints; divide the breast and the back to make with the others about twelve pieces in all; roll these lightly in flour, seasoned with salt and pepper, then in a beaten egg, diluted with two or three tablespoonfuls of milk or water, and then in sifted bread crumbs. Cut half a pound or more of fat salt pork into bits and cook these in an iron frying pan until the fat is well tried out; skim out the scraps of pork. Put the prepared chicken into the hot fat and let cook

slowly about one hour, turning the pieces as needed to cook all sides evenly. If the chicken be cooked too fast, it will be dry and too brown. When the chicken is cooked pour off the fat, leaving about three tablespoonfuls in the pan; to this add three tablespoonfuls of flour, a scant half a teaspoonful of salt and a little pepper; stir and cook until frothy, then add one cup and a half of cream, and cook and stir until boiling. Dispose the chicken on a hot serving dish, surround it with corn-and-oyster fritters and bacon rolls. Serve the sauce in a sauce boat.

FRIED CHICKEN, SPANISH FASHION

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|---|---|
| 2 pound chicken | 1 cup of canned tomatoes (pulp not liquid) |
| 1/4 cup of clarified butter | 1 sweet pepper, shredded |
| 1 onion, sliced | 1 tablespoonful of parsley, chopped |
| 1 clove of garlic, crushed | 1 cup of thick brown sauce |
| 2 tablespoonfuls of boiled ham in bits | Salt as needed |

Dress the chicken as for broiling, then cut each half transversely into two pieces. Rub the pieces with salt and pepper and set to cook in the hot butter — if the butter be clarified it will not burn as readily. Cover and let cook slowly until browned on both sides; add butter if needed. Set the chicken into the warming oven. Sauté the onion and garlic in the pan without browning; add the ham and after a few moments the tomatoes, pepper, parsley and sauce and stir till boiling. Let the pieces of chicken stand in the sauce to become flavored. Set them on croutons of bread. Put a frill on the leg and wing

joints. Serve the sauce, strained or not as desired, in a bowl.

FRIED CHICKEN, SOUTHERN STYLE

Clean and singe a young chicken. Separate into pieces as for a fricassée. Have ready half a cup or more of fat tried out from salt pork or bacon. Dip the pieces of chicken, one by one, in water, then roll in flour, and fry to a golden brown in the hot fat, turning the pieces when brown on one side. When all are fried, pour out all the fat except about two tablespoonfuls, put in two tablespoonfuls of sifted flour, a dash of salt and pepper, and let cook until frothy. Then gradually add a cup of cream, and stir until the sauce boils. Let simmer three or four minutes, and serve in a dish apart.

CHICKEN CUTLETS, PERIGUEUX

Chickens weighing two pounds or two pounds and a half should be used for this dish. A chicken serves two. Remove the skin from the breast and the first joint (next the breast) of the wings. With a sharp knife cut through the flesh along the breast bone, from end to end, and carefully remove the flesh on each side with the first bone of the wing attached. Be careful to keep the flesh whole as possible. This gives two large fillets (pear-shaped pieces of chicken) each with the flesh and bone of part of a wing attached. These are the true chicken cutlets. On the under side of each fillet is a smaller fillet, often de-

tached when the flesh is taken from the bone. Carefully scrape the flesh from the sinew running through the fillets (this will shrink in cooking and spoil the shape), discard this and make five or more incisions across the small fillets; in each of these press a round cut from a thin slice of truffle. One edge of the rounds of truffle may be cut in points. If convenient dip the round side of the slices in white of egg before setting them in place. Press the large fillets into pear shapes in a buttered baking dish, brush over with cold water and set the decorated fillets above. Pour in half a cup of rich broth, a few bits of bacon, salt pork or butter, a little salt and pepper and, if desired, a glass of white wine. Cover with a buttered paper and let cook in a hot oven about fifteen minutes. Dip slices of toast in the broth, and on these dispose the fillets. Put chop frills on the bones. Serve a rich sauce around the fillets or in a boat. Perigueux sauce is always appropriate with this dish.

FRITOT OF CHICKEN

Separate a cold poached or boiled fowl, at the joints, into pieces for serving. Remove and discard the skin and such bones as can be removed without spoiling the shape of the flesh. Mix six tablespoonfuls of oil, three tablespoonfuls of vinegar, half a teaspoonful, each, of salt and paprika, a teaspoonful of onion juice and a tablespoonful of fine-chopped parsley. Turn the pieces of chicken in the dressing

until it is absorbed. Let stand half an hour or longer to become seasoned with the dressing. Dip the pieces of chicken in fritter batter and let cook in deep fat until nicely colored. Serve with tomato sauce. Fillets cut from cooked chicken breast, or tender slices of cold roast veal, may be cooked in the same manner. Slices of tender, cold corned beef, freed of fat, are also good treated in this way.

CHICKEN BAKED WITH SALT PORK

Separate a cleaned chicken into joints as for a fricassée. In a double roasting-pan lay several thin slices of fat salt pork; on these lay the chicken, skin side up, dredge with flour and lay over the top several thin slices of pork; turn in half a cup of hot water or broth, cover and let cook one hour and three-fourths. Baste several times with the dripping in the pan. Dredge with flour after each basting. More broth may be added if needed. Remove the chicken to the serving dish. Toast about eight diamond-shaped slices of bread, then turn them in the dripping until they are well saturated with it; dispose these around the chicken with parsley between. Add a tablespoonful of butter to the baking pan; when melted stir in two tablespoonfuls of flour and one-fourth a teaspoonful, each, of salt and pepper; stir until frothy, then add a cup of water (that in which the giblets were boiled is preferable) and stir until boiling, then strain over the chopped giblets.

Serve the sauce in a bowl. Partridge may be cooked in the same way.

FRIED CHICKEN, VILEROT

Cut up one or two chickens as for a fricassée. Let them cook in velouté sauce until tender. Drain the pieces and let the sauce simmer until well reduced; skim if needed and let thicken with two beaten yolks of eggs (to a pint of sauce). The sauce should be thick enough to coat the pieces of chicken. Dip the pieces in the sauce and set them on a plate to become thoroughly cold. Egg-and-bread crumb and fry in deep fat. Serve on a hot napkin with the sauce remaining in a boat.

SUPREMES OF CHICKEN, ORLY

Remove the breast from plump chickens (pullets), divide the large fillets lengthwise into slices the size of the small fillets. Set the fillets to marinate on a bed of sliced onions and parsley branches, sprinkle with a little oil and lemon juice, cover with more of the same vegetables as previously used and let stand an hour. Wipe dry, dip in fritter batter (see Chapter II) and fry in hot fat; drain on soft paper. Serve with tomato sauce, separately.

SUPREMES OF CHICKEN, POJARSKI

Chop the supremes fine; add half the weight of white bread crumbs, softened in milk and squeezed dry, half the weight of butter, and half the weight

of sweet cream. Work the chicken, bread and butter together with a pestle and continue the working while the cream is very gradually incorporated into the mixture. Season with salt, pepper, and mace or nutmeg if desired. Divide the mixture to form shapes the size of supremes and as near like them in shape as possible; dredge and roll in flour and sauté in hot clarified butter. Serve at once with green peas or asparagus tips dressed with butter.

FRICASSÉE OF POULTRY WINGS, PRINCESSE

This dish is recommended, particularly, for service in places where quite a large number of roasted fowl are carved before they are served. The roasted wings are undesirable portions, but cooked after this recipe they are delicious.

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|----------------------------|---------------------------|
| 8 chicken wings | 1 cup of chicken broth |
| 4 tablespoonfuls of butter | Yolk of 1 or more eggs |
| 4 tablespoonfuls of flour | 2 tablespoonfuls of cream |
| ½ teaspoonful of salt | 1 cup of rice, boiled dry |
| ½ teaspoonful of pepper | 1 pint of cooked peas |
| 1 cup of thin cream | |

Cover the wings with boiling water and let simmer until tender. The water should be reduced to little more than a cup. Make a sauce of the butter, flour, salt, pepper, cream, and broth. Let the wings stand in the sauce over hot water, close covered, for some time. Add the yolks, beaten and mixed with the cream. Dispose the rice in a mound in the center of a dish (or in the same way on individual plates).

Set the wings on the rice, and pour over a part of the sauce. Turn the peas around the rice. Serve the rest of the sauce in a bowl.

CHICKEN LIVERS SAUTÉD, WITH CUCUMBERS

| | |
|------------------------------|---------------------------------|
| 2 or 3 large green cucumbers | 1 cup of rich stock |
| Broth | Salt |
| 1 onion with 3 cloves in it | 2 tablespoonfuls of sherry wine |
| 2 sprigs of parsley | 2 yolks beaten |
| 3 or 4 slices of carrot | ½ cup of cream |
| ¼ green pepper pod | 1 teaspoonful of lemon juice |
| 1 pound of chicken livers | 1 tablespoonful of fine-chopped |
| Salt and pepper | parsley |
| 3 tablespoonfuls of butter | |

Pare and cut the cucumbers, freed from the seed portion, into oval-shaped pieces an inch and a half in length and of uniform thickness. Cook these in broth with the onion, parsley, carrot, and pepper, until tender; drain, rinse in cold water and drain again. Free the chicken livers from the gall bags and cut these in halves; season with salt and pepper; melt the butter in a frying pan; add the livers and turn and toss them to avoid over cooking on any side; after five or six minutes cooking, drain on a sieve. Put the livers in a saucepan, add the stock, seasoning and wine, and let simmer six minutes; add the cucumbers and when very hot serve on toast. For a richer sauce, keep the cucumbers hot; mix the cream with the beaten yolks and stir into the sauce with the livers; let thicken without boiling, add the cucumbers, lemon juice, and parsley and serve at once.



SWEETBREADS SAUTÉD, SAUCE BEARNAISE TOMATÉE. — *Page 228.*



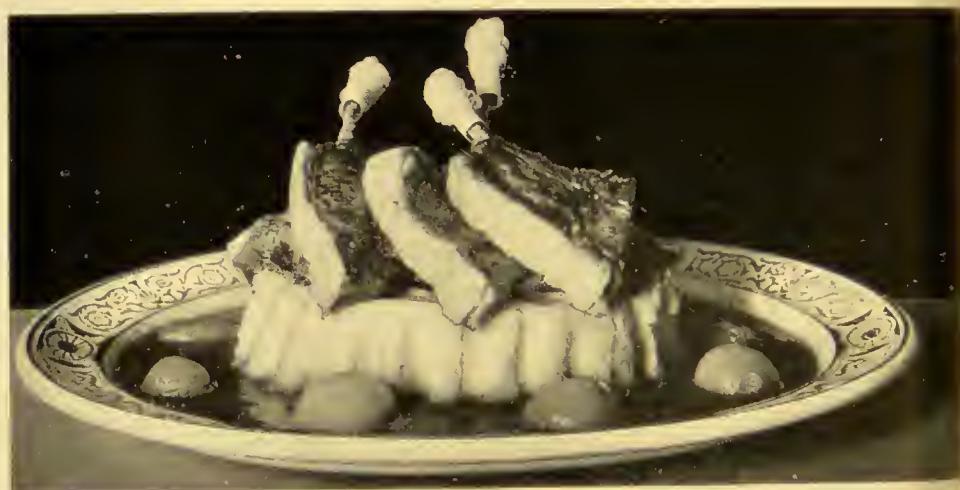
FRIED CHICKEN, MARYLAND STYLE. — *Page 233.*



CHICKEN CUTLETS, PERIGUEUX. — *Page 235.*



LAMB CHOPS, MAINTENON STYLE. — *Page 246*



LAMB CUTLETS À LA SOUBISE. — *Page 242.*



FILLETS OF LAMB ON ARTICHOKE BOTTOMS. — *Page 241.*

CHICKEN LIVERS, WITH PILAF INDIENNE

| | |
|-----------------------------------|-------------------------------|
| 8 to 12 chicken livers | <i>Pilaf</i> |
| 3 tablespoonfuls of butter | 2½ cups of stock |
| ½ teaspoonful (scant) of salt | 1 cup of tomato purée |
| ½ teaspoonful of pepper | 1 cup of rice (blanched) |
| 1 cup of rich stock | ½ teaspoonful of salt |
| 3 teaspoonfuls of wine if desired | ½ cup of butter |
| | 1 teaspoonful of curry powder |

Carefully remove the gall bladders from the livers; wash, wipe, dry, and season with the salt and pepper; melt the butter in a frying pan; in it dispose the livers side by side and let cook briskly about three minutes, then turn and let cook three minutes on the other side. Add the broth, which should have been seasoned with vegetables and herbs, and let simmer five or six minutes. Season with more salt and pepper if needed. Add the wine if to be used. In the meantime cook the blanched rice in the stock and purée, stirring occasionally with a silver fork or by shaking the saucepan, until the liquid is absorbed. Add the butter creamed and mixed with the curry powder, and let cook over hot water until tender. Dispose the rice in a wreath on a serving dish and inside of it pour the livers and sauce. Serve very hot.

III. LAMB AND MUTTON

FILLETS OF LAMB ON ARTICHOKE BOTTOMS

Have half a cup of carrots cut in figures or juliennes, also half a cup of bits of onion. Put these over the fire with two or three tablespoonfuls of butter,

cover and let cook very slowly, stirring occasionally until they begin to be tender, then add one-fourth a pound of small mushrooms, nicely peeled. Add more butter, if needed, and let cook about five minutes, then add half a cup of lean, cooked ham, cut in small squares. Let cook five minutes, then add half a cup of white stock and half a cup of glaze, or, if glaze be not at hand, use a second half cup of stock. When the whole is very hot, stir in very gradually, little by little, three tablespoonfuls of butter. Do not add the butter until the moment arrives when the sauce is to be poured over the finished dish. Have ready, broiled, six small rounds (noisettes), cut from a loin of lamb, also six artichoke bottoms removed from a can, and made hot in white stock. Drain the artichoke bottoms, set a round of lamb on each, and pour over the sauce seasoned to taste with salt and pepper. Serve as an entrée at dinner or luncheon. (A noisette of lamb is the "eye" of a chop, or the solid piece of meat on one side of the bone.)

LAMB OR MUTTON CHOPS, SOUBISE

Remove the pink skin and superfluous fat from a dozen lamb chops. Scrape the rib bones clean, thus forming French chops. Melt a little butter or bacon fat in a frying pan; in this lay the chops and let cook on one side until lightly colored and stiffened. Lay the chops, cooked side down, upon a flat dish, cover with a plate bearing a weight and let press until cold. Meanwhile remove bone, skin and fat from a

generous half pound of veal, then scrape the pulp from the fibers. Cook soft white bread crumbs in milk or white broth to a smooth paste (stir constantly during cooking or cook over hot water). To half a cup of this paste or bread panada add a tablespoonful of butter and one-fourth a cup of fresh-cooked onions, pressed through a sieve. Pound the whole to a smooth paste. Season as needed with salt and black or red pepper; add also one whole egg and the yolk of another (or three yolks) and pound and mix until smooth, then press through a sieve. Use this mixture to mask or cover the cooked side of the chops, rounding the mixture neatly with a wet knife. Set the chops, masked side up, in a buttered baking dish. Pour over a little melted butter and let cook between twelve and fifteen minutes in the oven. To serve dip the cutlets in thick, hot tomato sauce, sprinkle with fine-chopped truffles or parsley, and set around a mound of green peas seasoned with salt, black pepper and butter. Tomato sauce may be served in a dish apart if desired.

LAMB CUTLETS, WITH FORCEMEAT AND PERIGUEUX SAUCE

Cook the cutlets in clarified butter on one side and let cool under a weight. Prepare one half the recipe for forcemeat with panada given in Chapter II and add to it two tablespoonfuls of fine-chopped truffles. Put a rounding tablespoonful of the force-meat on the cooked side of each chop and make it

smooth with a knife blade dipped in lukewarm water. Set them on a buttered agate pan and let poach in a moderate oven until the forcemeat is firm. Put a frill on each bone. Serve Perigueux sauce in a bowl.

BROILED MEDALLIONS OF LAMB, WITH LIMA BEAN PURÉE

Prepare the medallions from a boned loin, or buy the chops, remove the bones, and press the meat into the desired shape. Prepare three cups or more of the purée. Of this make little rounds upon which the cooked chops may be disposed. Pipe purée around the meat, thus setting it in a nest. Serve very hot.

LIMA BEAN PURÉE

Let a cup and a half of dried Lima beans stand over night covered with cold water. In the morning drain, rinse, and set to cook in boiling water. Let cook until tender, supplying water (boiling) as needed, and adding a teaspoonful of salt during the last of the cooking. The beans will require about three hours' cooking at a gentle simmer. When the water has evaporated and the beans are tender, with a pestle press them through a purée sieve. Add nearly one-fourth a cup of butter, a little hot cream, and salt as needed. A teaspoonful of onion juice, a tablespoonful of fine-chopped parsley, and paprika may be added at discretion. The flavor of onion is always good with beans. Beat the mixture until light, when it is ready to use. Serve very hot.

Chestnut or sweet potato purée may be used in the same manner. Onion and turnip purée are good, but can not be piped. Spread the medallions with maître d'hôtel butter or Bearnaise sauce.

LAMB NOISETTES, BERRY STYLE

Use a boned loin of lamb; cut it into rounds, and tie a tape or string around these to hold them in shape while cooking, if necessary. Sauté them over a brisk fire. Have ready small flat croquettes — the same size and shape as the noisettes — made of duchesse potatoes mixed with sweet corn pulp. Use a cup of pulp to a pint of potato. When the croquettes are egged, crumbed and fried, set a noisette above each. Serve Chasseur sauce in a bowl.

BREADED LAMB CUTLETS, CUBAN STYLE

Have eight lamb chops cut from the ribs; scrape the bones and trim the chops, French fashion. Broil the chops, leaving them a trifle underdone and let become cold. Have ready a sauce made of one tablespoonful of butter, four tablespoonfuls of flour, half a teaspoonful, each, of salt and pepper and one cup of cream; into this stir half a cup of cooked ham, chopped fine. When the chops are cold and the sauce is cool but not too firm, season the chops with salt and pepper, and cover both sides with the ham mixture. Let stand on a buttered plate till firm, then "egg-and-crumb" and fry in deep fat till nicely browned.

Cook two tablespoonfuls of chopped ham in one, fourth a cup of butter; when the ham is well browned, add one-fourth a cup of flour and half a teaspoonful of salt and stir until frothy; then add one cup and a half of stock or water and one cup of tomato ketchup or chilli sauce and stir until boiling; let simmer ten minutes, strain and serve with the cutlets.

LAMB CHOPS, MAINTENON STYLE

Select rib chops from the hind quarter; scrape the bone clean, thus making French chops. Broil the chops, or cook them in clarified butter, on one side only, to stiffen them. Set a rounding tablespoonful of Maintenon preparation on the cooked side of each chop; with a silver knife, wet in water, give the preparation a smooth dome shape. Cover with cracker crumbs (one cup) stirred into melted butter (one-third a cup). The chops may be cooked at once or set aside in a cool place for some hours. Cook in a rather hot oven about eight minutes. Serve around a mound of cooked peas and carrot slices, dressed with salt, black pepper and butter. If canned peas are used, they will be improved by the addition of a teaspoonful of sugar.

MAINTENON PREPARATION

Peel one medium-sized onion, cover with cold water, bring to the boiling point and let cook four minutes; drain and dry on a cloth; slice the onion and

let simmer in two tablespoonfuls of butter without taking color. When the butter is absorbed, add one cup of white broth and let simmer until the onion is tender and the broth evaporated, then press through a sieve. Melt one-fourth a cup of butter; in it cook half a cup of flour, half a teaspoon of salt and pepper to taste, then add the onion purée, white broth and cream to make in all one cup and a third of liquid; stir until boiling; add one-fourth a pound of fresh mushrooms, chopped and simmered two or three minutes in one or two tablespoonfuls of butter and stir until the mixture boils again, then add two yolks of eggs, well beaten, and stir, without boiling, until the egg is set. The mixture should be of the consistency of a croquette mixture. If served as the main dish at a luncheon, pass with them a green salad or the following.

LETTUCE, CHESTNUT - AND - CHERRY SALAD

Cut canned or preserved cherries in rings. Cut eighteen blanched-and-cooked Italian chestnuts in thin slices, and carefully wash and dry a head of tender lettuce. Dress the chestnuts and cherries with three tablespoonfuls of oil and one of lemon juice, a dash, each, of salt and paprika. If the materials do not seem thoroughly dressed, add more oil and lemon juice in the same proportion. Dispose heart leaves of lettuce on a serving-dish. Put a spoonful of the dressed materials in each, and finish with half a chestnut or a few rings of cherry.

STUFFED LAMB CHOPS, SUÉDOISE

Select rib chops; scrape the bones to the "eye" of tender meat, French fashion. Wipe carefully with a damp cloth, to remove bits of bone. Broil the chops on one side about four minutes. Have ready — for eight chops — eight hot, boiled potatoes; press these through a ricer; add salt, two or three tablespoonfuls of cream or butter, or both, if the potato be dry, and a little black pepper and beat thoroughly. Set the chops in a buttered baking pan, uncooked side down. Dispose the potato on the chops, to cover the edible portion and in mounds, brush over with a little milk, water or egg, and sprinkle with buttered crumbs. Let stand in a hot oven to brown the crumbs, when the chops will be cooked. Serve with a hot sauce made of cream and white broth as the liquid, highly flavored with chilli pepper, chopped fine, and grated horse-radish.

BROILED CHOPS, WITH CANDIED SWEET POTATO BALLS

Scrape the flesh from the rib bones and broil the chops as usual. Spread with maître d'hôtel butter and dispose in the center of the platter, a frill on the end of each bone, and the candied balls at the ends of the dish.

CANDIED SWEET POTATO BALLS

With a French cutter scoop balls from raw sweet potatoes; the potatoes should first be neatly pared. For a pint of balls, melt one-fourth a cup of butter

in a casserole; add one-fourth a cup of maple syrup or sugar, and when very hot put in the balls and shake them over the fire until quite hot, then cover and let cook in the oven till tender. Baste frequently with the liquid in the dish; add salt before the cooking is completed.

LAMB CUTLETS, LAURA

Sauté eight lamb chops on one side; on the cooked side set a rounding tablespoonful of cooked macaroni, cheese, etc., in a sauce; make the mixture smooth, cover with buttered crumbs and let cook in the oven about eight minutes. About half a cup of macaroni, broken in half-inch lengths, will be needed. For the sauce use two tablespoonfuls of butter, two of flour, one-fourth, each, of salt and pepper, and half a cup, each, of broth or cream and thick tomato purée. To the hot sauce add about half a cup of grated cheese and the cooked macaroni. Let cool before using. As the mixture should be quite consistent, it were well to add the sauce with cheese to the macaroni, rather than the macaroni to the sauce. Put frills on the bones and serve around a mound of hot string beans or peas, well seasoned with salt, black pepper and butter.

IV. BEEF

FILLET OF BEEF FOR USE IN ENTRÉES

For use in entrées the thickest part of a fillet of beef is cut "across the grain," or laterally, into

fillets about one inch and a half thick. Round fillets about one and a quarter inches thick are called tournedos. To preserve the shape a string is often tied around a tournedo to hold it while cooking. A Châteaubriand is a steak cut from the very center of a fillet; it is cut from two to three and one-half inches thick. Garnishes and sauces (also recipes) suitable for tournedos are also suitable for Châteaubriand and for fillets. The Châteaubriand, though an entrée, is often served as the main course at a little dinner or a luncheon party.

TOURNEDOS BEARNAISE

Grill the tournedos. Set them on rounds of bread fried in butter. Coat them delicately with meat glaze. Serve Béarnaise sauce in a separate dish. Dress the crusts in a circle.

TOURNEDOS BORDELAISE

Grill the tournedos and dish them in a circle; set a slice of marrow poached in water or stock six to ten minutes, according to thickness, on each. Serve Bordelaise sauce separately.

TOURNEDOS BELLE HÉLÉNE

Prepare as many asparagus croquettes as tournedos to be served. A cup of sauce and a cup and a half of asparagus will make eight or ten croquettes. The croquettes should be of the same size and shape (flat and round) as the tournedos. Grill the tournedos or fry them in clarified butter. Season and set a

croquette above each. Above each croquette set a figure, cut from a large slice of truffle and glazed with reduced stock.

TOURNEDOS FAVORITE

Fry the tournedos in clarified butter. Set them on rounds of bread, fried in butter and dressed crown-shape on a serving dish. Have as many rounds of foie-gras and slices of glazed truffle as tournedos. Season the foie-gras, roll it in flour and sauté delicately in clarified butter. Set a round of foie-gras above each tournedo and a slice of truffle above the foie-gras. Dispose cooked asparagus tips, drained, seasoned with salt and pepper and mixed with butter in the center.

TOURNEDOS OF BEEF, BEARNAISE FASHION

Remove the fat and unedible portions from a fillet of beef, cut from under the rump. Cut half-inch slices across the grain of the meat; trim these to a point at one end and cut the other end round; they will be about two and a half inches long. Butter a hot frying pan, put in the pieces of meat and let cook over a quick fire about five minutes, turning them once. Remove from the pan, add three or four tablespoonfuls of melted glaze and one-fourth a cup of sherry and stir until boiling; put in the tournedos and turn them over and over in the liquid. Add a truffle, cut in thin slices, and as many button mushrooms as pieces of meat. When all are hot, dispose

the tournedos on a mound of potato and pour over the sauce and vegetables. Dispose Béarnaise sauce to which sliced mushrooms have been added around the potato and serve very hot.

STUFFED MINIONS OF BEEF TENDERLOIN

From a rump tenderloin cut eight or ten rounds about three-fourths an inch thick. Let all the rounds be of uniform size. With a sharp knife split each round at the edge for about an inch and a quarter, then into this slit insert the knife and split the round nearly to the edge all around, taking care to make the opening no longer. Fill the space thus formed with beef quenelle meat and press the edges of the opening together. Have some clarified butter hot in a frying pan; lay in the stuffed minions and cook them quickly on one side, then turn and cook the other side, cover with a buttered paper and set into a hot oven for fifteen minutes. Baste three times with hot fat or glaze. Have ready a round of toast for each minion; dispose these on a hot dish, in a circle, and set the minions above the toast. Fill the space in the center with sliced bananas, fried in deep fat. Serve with a rich mushroom sauce, in a dish apart.

QUENELLE FORCEMEAT OF BEEF FOR STUFFED MINIONS

| | |
|---|--------------------------------------|
| $\frac{3}{4}$ cup of beef pulp | 2 tablespoonfuls of butter |
| $\frac{1}{3}$ cup of panada (bread) cold | $\frac{1}{2}$ teaspoonful of salt |
| 2 tablespoonfuls of thick brown sauce, cold | $\frac{1}{2}$ teaspoonful of paprika |
| | 2 raw eggs |



BROILED MEDALLIONS OF LAMB WITH LIMA BEAN PUREE. — *Page 244.*



STUFFED LAMB CHOPS, SUEDOISE. — *Page 248.*



TOURNEDOS OF BEEF, MODERN STYLE. — *Page 251.*



HOT BOILED TONGUE. — *Page 256.*



ORANGE SALAD SERVED WITH HOT BOILED TONGUE. — *Page 257.*



PORK CHOPS, SWEET POTATO PURÉE, DINNER STYLE. — *Page 257.*

Use the trimmings of the beef from which the "minions" were cut; finish as all forcemeat preparations, pressing through the sieve after all the ingredients are added.

SLICED BANANAS FRIED

Remove the peel and coarse threads from four or five bananas and cut the pulp in slices three-eighths of an inch thick; dip these in milk, then dredge lightly with salt, paprika and flour; dispose in a frying basket about a dozen and a half of slices, and cook in deep fat to a light amber color; drain on soft paper. The slices in the basket should not touch each other.

SPECIAL SAUCE FOR MINIONS OF BEEF

| | |
|---|--|
| 2 tablespoonfuls of fine-chopped shallots | $\frac{1}{4}$ teaspoonful of salt |
| $\frac{1}{4}$ cup of vinegar | $\frac{1}{4}$ teaspoonful of pepper |
| 1 cup of rich brown sauce | 1 tablespoonful of chutney |
| 1 tablespoonful of glaze | $\frac{1}{2}$ cup of canned mushrooms or 5 fresh mushrooms |

Let the shallot and vinegar stand on the back of the range until the vinegar is nearly evaporated; then add the other ingredients, except the mushrooms, and let simmer ten minutes; add the mushrooms, cut in halves, and when again hot it is ready to serve. If fresh mushrooms be used, peel, then cut the caps in slices; add the chutney and strain the sauce over them. Let simmer ten minutes, when the sauce is ready.

TOURNEDOS OF BEEF, MODERN STYLE

To serve eight, cut eight slices of uniform thickness from a tenderloin (fillet) of beef. Trim these to rounds of uniform size, and let broil about five minutes, leaving them slightly rare cooked. Have ready as many cooked, small bananas, or halves of bananas, as slices of beef. To prepare the bananas, tear down a strip of skin, then loosen the pulp, remove the coarse threads, and return the pulp to the skin. Set the bananas in a dish in the oven to cook until the skin is blackened and the pulp is soft. Dispose the bananas on the rounds of beef, bringing the ends together as closely as possible. Pour over a cup and a half of poivrade sauce, to which have been added one-half a cup of cooked sultana raisins and three or four tablespoonfuls, each, of currant jelly and Madeira wine.

FILLET MIGNONS, WITH POTATOES ANNA

Have as many English muffin rings as individuals to serve, and the same number of rounds, cut from a fillet of beef. Let the rounds of beef be of the same size as the muffin rings. Butter the inside of the rings and set them on a baking sheet, also buttered. Fill the rings compactly with pared, raw potatoes, sliced very thin and dipped in melted butter. Also season the potatoes with salt and pepper as they are set in place. Put half a teaspoonful of butter on the top of each ring of potatoes. Let cook on the floor

of a hot oven about fifteen minutes, then with a spatula turn ring and potatoes together, and let cook fifteen minutes longer. With the oven at a proper temperature the potatoes will be browned on both sides and well cooked throughout in thirty minutes. Remove the potatoes and rings (with a spatula or broad knife) to the serving dish, then discard the rings. Have the small fillets of beef nicely broiled; set one above each round of potato and put a little Béarnaise sauce on each.

BOILED TONGUE À LA ROMAINE

Let a corned beef tongue stand over-night covered with cold water. Drain, cover with fresh water, and let heat to the boiling-point. After boiling five minutes, let simmer about three hours or until tender. Drain, pull off the skin, and cut in halves lengthwise. Dispose the two halves upon a large dish to take the shape of a heart. Pour over them Romaine sauce, and serve at once.

ROMAINE SAUCE

Let two ounces, each, of dried currants and sultana raisins, carefully cleaned and covered with water, simmer half an hour on the back of the range. Then drain, and add four ounces of pignolias (Italian pine seeds). Cook one-fourth a cup of granulated sugar to caramel. Add one-fourth a cup of white wine vinegar and a pint of thick Spanish sauce, and

stir until boiling. Then add to the pignolias and fruit.

As this sauce is given for no other dish in this book, it is given here rather than with the sauces. Spanish sauce, the foundation of Romaine, will be found in the chapter on sauces.

SLICES OF BEEF TONGUE À LA INDIENNE

| | |
|---|--------------------------------|
| 1 yolk of egg, beaten slightly | Juice of half a lemon |
| 2 teaspoonfuls of French mustard | Slices of cold boiled tongue |
| ½ teaspoonful of curry powder | Sifted bread crumbs |
| 6 drops of tabasco sauce | Hot string beans or peas, well |
| 2 tablespoonfuls of olive oil | seasoned |
| 1 teaspoonful of Shrewsbury Manor Relish | |

To the beaten egg add the mustard, other condiments, oil, and lemon juice. In this mixture dip the slices of tongue, and roll them in the bread crumbs; broil in a well-oiled broiler over a gentle fire until the crumbs are browned on both sides. Serve with the vegetables.

HOT BOILED TONGUE

Cover a pickled or pickled-and-smoked beef tongue with cold water, and heat to the boiling-point, then let simmer until tender. It will take three or four hours. Remove from the kettle, and free from the skin, then cut in slices. Dispose these on a platter, and pour over them a thick, hot, brown sauce, to a pint of which one-fourth a cup of claret and port wine and two tablespoonfuls of currant jelly are added. Set a candied cherry softened in boiling

water on each slice of tongue, and serve at once with orange salad. Cold boiled tongue may be used by reheating it in the sauce.

ORANGE SALAD FOR HOT BOILED TONGUE

Remove the peel from the oranges, slice the pulp lengthwise of the fruit, and sprinkle it lightly with salt and paprika, then for a pint of fruit use three or four tablespoonfuls of olive oil. Toss and turn the fruit with a spoon and fork, adding the last of the oil cautiously. Turn upon a bed of crisp, well-washed and dried lettuce hearts, and serve at once.

V. PORK AND GAME

PORK CHOPS

Have eight pork chops cut, with a rib bone, about three-fourths an inch thick. Set in a large frying pan into a *moderate* oven and let cook about an hour, pouring off the fat as it accumulates and turning the chops when half cooked. In a proper oven the chops will be well cooked through and golden brown on the edges. Have ready about three pounds of sweet potatoes, boiled or baked. Press the pulp through a ricer and add salt, pepper, one-fourth a cup of butter and a little hot milk if needed. Beat thoroughly with a perforated wooden spoon. Shape part of the mixture in a smooth mound on a serving dish, and dispose the chops against and around it. With pastry bag and star tube pipe the rest of the potato

upon the top of the mound and between the chops. Surround with thick rounds cut from cored-and-pared apples, cooked in a cup of sugar and water boiled together.

This makes a handsome dish, but it is rather too substantial for an entrée, except when it be served as the main dish of a luncheon.

BROILED VENISON CUTLETS

Cut chops from a loin of venison to correspond with loin or English mutton chops. Brush over the cutlets with melted butter or olive oil, sprinkle with salt and pepper, and roll in bread crumbs taken from the center of a loaf about twenty-four hours old; broil over a moderately hot fire about five minutes, leaving the meat rather rare. Put on a hot platter. Serve the following sauce with the cutlets:

Before setting the cutlets to cook, bruise a three-inch stick of cinnamon bark and six cloves. Add one-fourth a cup of sugar and the peel of a lemon, freed from every vestige of white pith. Add three-fourths a glass of port wine, and let the whole simmer very gently fifteen minutes. Then strain over half a cup of currant jelly, and let simmer until the jelly is melted.

VENISON CUTLETS, MAINTENON STYLE

Prepare by the recipe for lamb cutlets, Maintenon style.

ROAST PLOVER ON TOAST

Clean and truss neatly. Cover the breast with fat bacon, and roast in a hot oven about twelve minutes. Set on slices of toast. Add a glass of white wine and a little rich, concentrated broth to the drippings, and strain this over the birds. Garnish the lower end with watercress and quartered lemon. Serve, with chicory salad, on small cold plates.

**ROAST PLOVER AND OTHER BIRDS BASTED
WITH SOUR CREAM**

Brush over the birds when ready for the oven with sour cream; let stand a short time, then brush again with the sour cream, rubbing it in well. Roast three or four minutes and again spread with the cream; dredge with sifted bread crumbs and finish cooking.

BRAISED SQUABS OR GOSLINGS

Truss six squabs for roasting; roll them in flour and sauté in butter, turning to brown them evenly on all sides. Add one cup and a half of Sauterne (or white broth) and let cook at a gentle simmer half an hour. Chop fine the hearts and livers with six stoned olives, a small shallot and two sprigs of parsley; let cook in a tablespoonful of butter, add three tablespoonfuls, each, of water and orange juice. Spread this over six squares of toast; set the toast in the oven for five minutes; dispose a squab on each slice and serve at once.

PÖELED SQUABS OR BIRDS

Truss as for roasting; set in a casserole on a bed of sliced onions, carrot and celery, baste with hot fat, cover and let cook until the joints separate easily, basting with hot fat each ten minutes. Remove the birds and keep hot; add a cup or more of veal broth to the vegetables, let simmer ten minutes, strain, remove the fat, and use the broth with brown roux in making a sauce. Serve the birds on toast.

SQUABS, BROILED

Cut off the heads and feet, split down the back, lay a cloth over the breast and flatten the bone with a cleaver, or, the breast bone may be removed. Brush over both sides with a little melted butter and broil over hot coals or under a gas flame. Garnish with cress. Serve with celery croquettes or fritters, or hominy croquettes.

ROASTED SQUABS

Truss neatly, cook thirty minutes, basting four times with melted butter or bacon fat. Lard the breasts or tie a slice of bacon over each squab. Chop the livers, add pepper and a little chopped parsley, and stir in the pan from which the squabs have been taken; add butter, if needed, and two tablespoonfuls of flour, cook till frothy, then add a cup of rich broth, stir till boiling, add one or two tablespoonfuls of sherry and serve with the squabs.

Hot orange sauce is particularly good with roast, fried, or sautéed squabs. With the first sauce sliced oranges might be added to the green salad served with the squabs.

SQUABS FRIED AND SAUTÉD

Cut off the heads on a line with the top of the breast bone, cut off the feet, split in halves through the back and breast bones. Season with salt and pepper, then roll in flour and sauté until brown on both sides, or egg-and-bread crumb, and cook in deep fat or by sautéing. Do not have the fat too hot at first, as the squabs will take from six to eight minutes to cook.

SQUABS UNDER GLASS BELLS

| | |
|--------------------|-----------------------------------|
| 4 slices of bacon | $\frac{1}{2}$ cup of white wine |
| Six squabs | 1 cup of rich stock |
| 12 or 24 mushrooms | $\frac{1}{2}$ cup of tomato purée |

Cut the bacon in small pieces and let cook until nicely browned; remove the bits of bacon and in the fat sauté the squabs, cut in halves, until well colored on both sides. Remove the squabs to a casserole, turn the wine into the frying pan and let stand to take up the glaze from the pan and evaporate a little; turn the wine over the squabs and add the stock and purée, also the bits of bacon. The liquid should cover the squabs. Cover the dish and let cook in the oven, very slowly, until the squabs are about tender. Set the squabs on individual rame-

kins, one or two halves as is desired on each; sauté the mushroom caps, from which the stems and peeling have been taken, in butter; set two on each dish, strain the liquid in which the squabs were cooked, remove all fat, season with salt and pepper and strain over the squabs on the dishes. Set a glass bell over each dish and let cook fifteen or twenty minutes in a moderate oven. The bells should not be removed until the dishes are set before the guests.

CHAPTER IX

COLD ENTRÉES, ASPICS, CHAUDFROIDS, SOUFFLÉS, MOUSSES, SALADS, ETC.

PROBABLY the handsomest entrées are included under the head of cold entrées. The smoothness given by chaudfroid sauce, the high finish imparted by aspic jelly, the various shades of color, no less than the great diversity of colors that may be grouped artistically in garnishes, and the pleasing texture and shapes of many of the dishes have made this division of entrées a source of pleasure to chefs and cooks of all times.

MOLDING IN ASPIC JELLY

Perhaps the simplest dishes in this class are those in which some article, as yolks of eggs or fillets of chicken breast, are molded in aspic jelly. The decoration of the mold makes the dish more elaborate. A single mold — even a comparatively large one — is not a long undertaking, when ice is at hand for chilling every article used, and things are made ready in advance; but if one were to serve eight or ten individual molds, she would not think

of preparing them the day on which they were to be used. Small fancy cutters or plain round tubes of various sizes insure regularity in shape and size of slices of truffle or hard-cooked white of egg used in decorating molds. Capers, green peas, and slices of olives furnish more easily prepared garnishes. For ease in decoration, molds should be chilled, then by pouring in a few spoonfuls of liquid aspic and turning the mold round and round, it may be coated with the aspic. Return the mold to the crushed ice and water. With a larding needle (it has a fine sharp point) take up the decorations and set them in place on the bottom of the mold, and put a drop or two of liquid aspic on each. When all are set, gently pour in a few spoonfuls of aspic. Decorate the sides of the mold, by dipping the bits of garnish in aspic and then setting them against the chilled sides, to which they will adhere, then finish filling the mold according to the directions given under each special dish.

UNMOLDING ASPIC DISHES

Set the mold, an instant only, into warm — not hot — water, letting the water come up on the outside to the height of the mixture on the inside. The water must not be warm enough to melt the jelly. Tip the mold from side to side to see if the jelly be loosened from the mold, then invert on the serving dish. Dispose the mold of jelly upon the exact spot on which it is to stand, for it is liable to break if moved.

HOW TO USE CHAUDFROID SAUCE

Chaudfroid sauce is used to give a smooth exterior to an object. If there be depressions on the surface to which it is to be applied, fill these with sauce — on the point of setting — first, then, when this sauce is firm, cover the whole surface with more of the sauce. If the sauce begins to set before it is applied, simply stir constantly while reheating and when again smooth stir constantly over ice-water until it is in just the right condition to spread or run over the surface to be covered and completely conceal it. Decorations — even if fresh leaves of cress or tiny bits or stems of parsley — set upon chaudfroid sauce and covered completely with aspic, to exclude air, will keep fresh for days.

REGARDING MOUSSES AND CREAMS

The terms mousse and cream are both applied to a purée of meat, fish or vegetable, stiffened with gelatine and lightened with whipped cream. In most of the recipes — as a means of insuring a firmer and thus more easily handled mixture — the cream is spoken of as “beaten until firm to the bottom of the bowl.” While cream thus whipped will insure — other conditions being right — a preparation that is sure to hold its shape, the dish will be drier and less agreeable to the palate than if the cream had been less firmly beaten. The same thing holds true wherever whipped cream is used. Cream

applied with a pastry bag and tubes presents an attractive appearance, but it certainly tastes much better when only half beaten.

The vegetable creams glacé, recipes for which follow those for mousses and creams, are identical with mousse preparations, except that less gelatine is used. Mixtures containing a tablespoonful of granulated gelatine (one-fourth a package) to a pint of liquid will not freeze.

YOLKS OF EGGS MOLDED IN ASPIC

Often yolks of eggs are left, when the whites only are called for in cake. With very much less trouble than the description would indicate, these may be made into a very showy dish. For quick work ice is needed. One or two cooked whites of eggs are also desirable for decorating the molds. In place of these, chopped veal, chicken breast or cubes of pâté-de-foie-gras may be substituted. Allow enough aspic to fill the molds without taking into account the other ingredients. Drop the yolks, as the eggs are broken, into salted water just below the boiling point, cover and let stand where the water will keep hot but not boil, until firm throughout. Drain, trim if needed and let chill. The aspic should be just on the point of "setting." Set the molds in chopped ice and water. Put a figure, cut from white of egg or slice of truffle (one or both) in the bottom of each mold and add a few drops of aspic to hold the figures in place. Add a little more aspic to each in turn.

When this is set, add a little of the chopped article with a little aspic and, when this is firm, set the yolks in the center of the aspic in the molds; add a few drops of aspic to hold them firm and gradually fill the molds. Serve with lettuce and French or mayonnaise dressing. Guinea hen's eggs are served in the same way.

GRENADINS OF SWEETBREAD EN BELLEVUE

Have ready one or two sets of nicely braised sweetbreads. Cut them in pieces suitable for the molds that are to be used. Shell-shaped hors d'œuvre dishes make attractive molds; failing these, cutlet molds or brownie tins may be used. Let a thin coating of aspic set on the bottom of each mold, and decorate with bits of cooked carrot, turnip, truffles, white of egg, or whole peas. Use one or more as desired. Sprinkle a few drops of jelly over each bit of decoration and when set, lay in the piece of sweetbread, preferably half of a sweetbread, cut laterally; border the sweetbread with a row of the vegetables used before, set each with two or three drops of jelly and finish filling the mold with aspic. Unmold and surround with chicken aspic, or with lettuce and chicken aspic, or, with lettuce and asparagus tips, seasoned with French dressing.

BOILED OR BAKED HAM IN ASPIC JELLY

Cut cold cooked ham in exceedingly thin and small slices; let some of the slices have a narrow edge of

fat. Have ready figures cut from cold hard-cooked egg, and from truffles, or both, also a quart of aspic jelly, flavored with Madeira or champagne. Let a few spoonfuls of the aspic become "set" in a Charlotte mold holding a quart. Upon this dispose decorations cut from the cooked white of an egg, truffles, and capers, and cover with more aspic. Thin slices of cooked beet or carrot are also suitable for decorating the mold. Dip other decorations in aspic, and set them against the chilled sides of the mold. Fill the mold, alternately, with slices of ham and liquid aspic. When unmolded, garnish the dish with triangles of aspic, figures cut from truffles or cooked beets, shredded lettuce, and large red chillies.

NOISETTES OF LAMB IN MINT ASPIC

| | |
|-----------------------------------|-------------------------------------|
| Boned loin of lamb, roasted | Whites and crushed shells of 2 eggs |
| 1 quart of standard lamb broth | Once the recipe for mint sauce |
| $\frac{3}{4}$ package of gelatine | Cress seasoned with French dressing |
| $\frac{3}{4}$ cup of cold water | |

Cut the lamb when cold, in thin slices, and trim these neatly. Prepare the mint sauce and let it stand while the broth is clarified in the usual manner; then, when the broth begins to cool and thicken, stir in the mint sauce. Have ready individual molds, chilled on ice; pour in a little of the aspic and when set lay a slice of the lamb upon it; cover with more aspic, and when this is set add another slice of lamb and cover with jelly. Serve unmolded with cress, seasoned with French dressing.

PÂTÉ DE FOIE GRAS IN ASPIC

| | |
|------------------------------|---|
| ½ can pâté de foie gras | 3 tablespoonfuls of sherry wine, if desired |
| 2 cups of consommé (cleared) | |
| ½ package of gelatine | 1 or 2 truffles |
| ½ cup of consommé | Hard cooked white of 1 egg |
| | 1 tablespoonful of capers |

The quantity of ingredients given is for eight molds holding one-fourth a cup, each. Soften the gelatine in the cold consommé, dissolve in part of the consommé heated for the purpose; when cold add the rest of the consommé and the wine. Set the mixture into ice water. Chill the molds in ice water. Let a teaspoonful of liquid aspic chill in each mold. Dip figures cut from the hard-cooked white of egg and slices of truffle in aspic and press against the sides of the mold; put other figures on the aspic in the bottom of the molds; add a drop or two of aspic to each bit of decoration, to hold it in place, then when firm cover with a little more aspic. Scrape the fat from a terrine of foie gras, cut it in slices, and then in cubes. Set a layer of cubes on the jelly, keeping them a little distance apart. Hold these in place with drops of cool aspic and when firm cover with aspic. Continue the layers of pâté and aspic till the molds are filled. Let stand some time to become firm. Serve unmolded with lettuce, cress, celery or endive and French dressing.

As the molds are filled with the layers of pâté and aspic, dip capers and figures, cut from the truffle and white of egg, in the little dish of aspic reserved for

the purpose and dispose against the chilled sides of the molds. The molds are more easily decorated when they are partly filled than when empty. Chicken broth, flavored with vegetables and clarified, makes good aspic jelly for this dish. In the illustration the molds of foie-gras are set against a croustade made by pouring a hot cereal into a round mold. When the shape is cold and firm, brush it over with white of egg and sprinkle with fine-chopped parsley.

JELLIED RELISH FOR FISH

| | |
|-----------------------------------|---|
| Pimentos | $\frac{1}{4}$ cup of vinegar |
| $\frac{1}{4}$ package of gelatine | $\frac{1}{4}$ cup of brown sugar |
| $\frac{1}{4}$ cup of cold water | $\frac{1}{2}$ teaspoonful of salt |
| 1 slice of mild onion | $\frac{1}{2}$ teaspoonful of celery seed |
| 2 green peppers or pimentos | $\frac{1}{2}$ teaspoonful of mustard seed |
| Cabbage to make one pint | |

Line fluted molds with pimentos; press the pimentos close to the flutings of the mold, and trim even with the tops of the molds; or, decorate the bottoms and sides of plain molds with figures cut from pimentos. For the latter, have the mold standing in ice water; take up the figures on the point of a larding needle, dip in the liquid of the mixture to be jellied and set in place.

Soften the gelatine in cold water and dissolve by setting the dish in boiling water. Chop the vegetables exceedingly fine. Mix with the gelatine and other ingredients and turn into the prepared molds. Unmold on lettuce hearts. This will keep, stored in a cool place, in good condition several days.



BOILED HAM, MOLDED IN ASPIC JELLY. — *Page 267.*



JELLIED RELISH FOR FISH. — *Page 270.*



PÂTÉ DE FOIE GRAS. JAR PARTLY FILLED WITH PÂTÉ. — *Page 269.*



ARTICHOKE BOTTOMS, ST. GEORGE STYLE. — *Page 272.*



FISH IN JELLY IN MOLD LINED WITH TRUFFLES, WITH LETTUCE AND CUCUMBERS.
— *Page 271.*



STUFFED MEDALLIONS OF CHICKEN WITH CRESS. — *Page 273.*

Celery may be substituted for part of the cabbage; well-blanchéd stalks free from fiber should be selected. This dish is particularly good as an *accompaniment* to a dish of fish and can hardly be classed as an entrée.

JELLIED SALMON

| | |
|--------------------------------------|------------------------------------|
| 2 cups of cooked salmon | 1 ounce of gelatine |
| 1 quart of fish or chicken broth | $\frac{1}{2}$ cup of cold water |
| 2 tablespoonfuls of butter | 1 teaspoonful of salt |
| $\frac{1}{2}$ onion, sliced | Crushed shell of 1 egg |
| 2 branches of parsley | White of 1 egg |
| 6 slices of carrot | $\frac{1}{4}$ cup of white wine |
| $\frac{1}{2}$ cup of tomato | Truffles or pimentos or capers and |
| Yellow rind of $\frac{1}{2}$ a lemon | cooked egg |

Separate the fish into flakes while it is hot. Use the broth in which the fish was cooked or other white broth or consommé. Cook the onion, carrot and parsley in the butter; add the tomato, broth and lemon rind and let simmer twenty minutes; strain and when cold remove the fat; add the gelatine softened in the cold water, shell and white of egg and salt; stir constantly over the fire until boiling begins; let boil five minutes, draw to a cooler part of the range and let stand for fifteen minutes to settle. Strain through a piece of linen wrung out of boiling water; let cool, add the wine, if used, and the fish. Chill a fish mold in ice water, decorate with slices and strips of truffle or with bits cut from pimento, to simulate scales; dip the bits of material in a little of the jelly and set in place. They will adhere to the chilled mold. Turn in the fish mixture. Set in a

cool place to become firm. Dip in warm water and unmold on a chilled serving dish. Surround with whipped-cream salad dressing. This may be molded in individual molds.

WHIPPED-CREAM SALAD DRESSING

| | |
|--------------------------------------|-------------------------------------|
| 1 cup of double cream | $\frac{1}{4}$ teaspoonful of pepper |
| 2 or 3 tablespoonfuls of lemon juice | 1 cup of diced cucumber (fresh) |
| $\frac{1}{4}$ teaspoonful of salt | $\frac{1}{2}$ cup of diced pimento |

To the cream add the salt, pepper and lemon juice and, with Dover egg beater, beat until solid to the bottom of the bowl. When ready to use add the cucumber, chilled in ice water and dried on a cloth, and the pimento.

ARTICHOKE BOTTOMS, ST. GEORGE STYLE

Cut heart stalks of celery in thin (less than one-fourth an inch) slices, and cut these slices into two or three bits each. Cut cooked chicken breast in similar pieces. Take one cup of each. Season with salt and paprika, also, if an acid taste is desired, a tablespoonful of lemon juice. Mix thoroughly, then add three rounding tablespoonfuls, each, of mayonnaise dressing and aspic jelly just on the point of setting. Set the dish containing the ingredients in a pan of ice and water, and mix thoroughly, while the mixture begins to set. Have ready a can of artichoke bottoms, drained, thoroughly seasoned with salt, paprika, oil, and lemon juice, and chilled. When the celery and chicken mixture begins to set, dispose it on the artichoke bottoms, rounding it to

a dome-shape and making it perfectly smooth with a silver knife. Press blanched pistachio nuts, split in halves, on the sides, with a few chopped nuts on the top and around the line where the mixture meets the artichoke. As soon as the nuts adhere to the surface, pour over the whole a little half-set aspic jelly, and let stand in a cold place until ready to serve. The quantity of salad indicated will fill eight or ten artichoke bottoms. Truffles or hard-cooked egg may replace the nuts, and egg or nuts the chicken. Garnish the dish with heart leaves of lettuce and two-inch lengths of celery, curled at both ends.

CURLED CELERY

Cut the celery for an inch at one end into as many exceedingly thin slices as possible, then press these slices together and cut them in the opposite direction; repeat at the other end of the stalk and throw into ice-water; as the stalks become crisp the fringed ends will curl.

STUFFED MEDALLIONS OF CHICKEN, WITH CRESS

(For eight medallions)

| | |
|--|-------------------------------------|
| 1 cup of aspic jelly | Cooked yolks of 2 eggs, sifted |
| 1 cup of hot white sauce | 3 or 4 tablespoonfuls of cold |
| 1 tablespoonful (scant) of gelatine | Bechamel or cream sauce |
| ¼ cup of cold water | Bits of cooked white of egg, cress, |
| Cold cooked chicken breast, cold cooked tongue or ham | pimento and truffle |

Soften the gelatine in the cold water and dissolve in the cup of hot sauce and set aside. Cut the

chicken in very thin slices; from these stamp out eight rounds (use a biscuit cutter). Cut rounds of the same size from thin slices of ham or tongue. Brush over the chicken rounds with half-set aspic and press the rounds of ham or tongue upon them. To the trimmings of chicken breast add one-third the quantity of ham or tongue, and chop the whole very fine; add the yolks and the cold sauce and pound the whole in a mortar. When smooth add salt and pepper as needed. The mixture should be soft enough to spread on the rounds of meat. More sauce or cream may be added if needed. Spread the mixture on the rounds with a silver knife, giving it a slightly dome-shape. At last make very smooth by dipping the knife in boiling water. Let cool on ice. The sauce containing the gelatine (chaudfroid) should be just cool enough to set when poured over the chilled rounds and leave them with a smooth covering. When the sauce is firm, decorate each round to suit individual fancy, then cover each bit of decoration with a little aspic jelly just on the point of setting. When cold serve with cress, endive or celery, and French or mayonnaise dressing.

MEDALLIONS OF VEAL, WITH STRING BEAN SALAD

| | |
|--|--|
| 1 pint of chopped cooked meat (3/4 veal, 1/4 ham) | 1/2 cup of chopped mushrooms 1/2 teaspoonful of paprika |
| 1 cup of hot sauce (white) | 1 tablespoonful of gelatine (scant) |
| 2 chopped truffles or | 1/4 cup of cold water |

The broth of which the sauce is made should be highly flavored; chicken stock is the best for the purpose. Soften the gelatine in the cold water and dissolve in the hot sauce; add the other ingredients and turn upon a platter or agate dish rinsed with cold water. Let the mixture be about half an inch thick. When cold, stamp the mixture into rounds with a biscuit cutter, dipped in boiling water. Remove the rounds with a spatula. Put the trimmings over the fire in a saucepan and when liquid, cool and shape as before. Cover the medallions very neatly, with chaudfroid sauce; decorate with blanched pistachio nuts cut in halves. Serve with a green vegetable as lettuce and cress or with asparagus tips or tiny string beans seasoned with French dressing.

MOLD OF VEGETABLE MACEDOINE, WITH SPINACH

(Cold)

| | |
|--|--|
| 1 cup of liquid aspic | $\frac{1}{4}$ cup of broth |
| 2 hard cooked eggs | $\frac{1}{2}$ teaspoonful of salt |
| 2 cups of spinach purée | $\frac{1}{4}$ teaspoonful of pepper |
| $\frac{1}{2}$ cup of Bechamel Sauce | 1 teaspoonful of lemon juice |
| 1 tablespoonful of granulated gelatine | $\frac{1}{2}$ cup of macedoine of vegetables |

Decorate a mold with the eggs. Asparagus tips, truffles, or figures cut from slices of carrot may be used with the eggs. The eggs may be cut in slices, or in halves, crosswise, and these halves cut in triangular shapes. Before decorating the mold chill part of the aspic in the bottom and use the rest in

holding the decorations in place. Soften the gelatine in the broth and dissolve in the sauce (made hot). Add the other ingredients, stir till beginning to set, then use to fill the mold. Serve with lettuce and French dressing. Less spinach purée may be used and then a more delicate dish is made.

COLD MOUSSE OF VEGETABLE MACEDOINE, WITH SPINACH

When the above mixture begins to set, fold in from half to a full cup of cream, beaten firm, and turn into a mold.

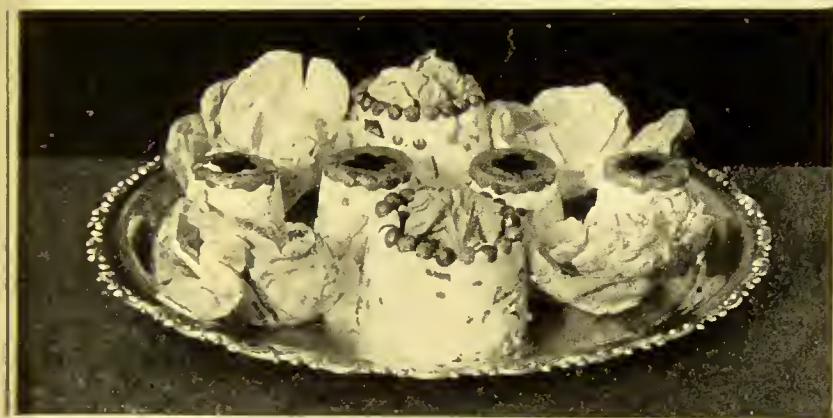
TOMATO CREAM (MOUSSE)

| | |
|---|---|
| 2 cups of tomato purée | $\frac{1}{2}$ teaspoonful of salt |
| Juice of $\frac{1}{2}$ a lemon | 1 teaspoonful of fine-chopped |
| 1 teaspoonful of onion juice | parsley |
| 1 cup of chicken or veal broth | 6 drops of tabasco sauce |
| $\frac{1}{2}$ package of gelatine (scant) | $\frac{1}{2}$ cup of cream, beaten firm |

Soak the gelatine in half of the broth and dissolve in the other half, heated to the boiling point; add all the other ingredients except the cream; set the dish into ice-water and stir until beginning to set, then fold in the cream. Mold in timbale molds. Serve unmolded with lettuce and French dressing. Sprinkle the whole with fine-chopped parsley and chives mixed. Other vegetables, as spinach, asparagus, green peas, cauliflower, etc., may be prepared by this formula.



MOLD OF VEGETABLE MACEDOINE WITH SPINACH. — *Page 275.*



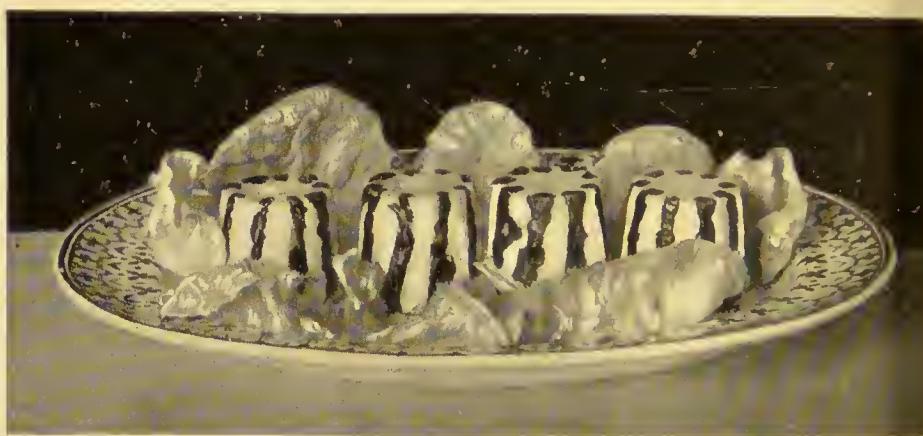
VEGETABLE MACEDOINE MOUSSE. — *Page 276.*



MEDALLIONS OF VEAL WITH STRING BEAN SALAD. — *Page 274.*



MEDALLIONS OF TONGUE WITH SLICES OF TOMATO. — *Page 285.*



COLD ASPARAGUS MOUSSE. — *Page 277.*



INDIVIDUAL ASPARAGUS SOUFFLÉS. — *Page 280.*

MOUSSE OF MACEDOINE OF VEGETABLES

| | |
|---|--------------------------------------|
| $\frac{1}{4}$ package of gelatine | $\frac{1}{2}$ cup of double cream |
| $\frac{1}{4}$ cup of cold water | 1 truffle |
| 1 cup of highly seasoned chicken broth | $\frac{3}{4}$ teaspoonful of salt |
| | $\frac{1}{2}$ teaspoonful of paprika |
| $1\frac{1}{2}$ cups of cooked vegetables in bits | |

Soften the gelatine in cold water and dissolve in the hot broth. Have individual molds chilled in ice and water; dip peas in the gelatine mixture and set around the bottom of a part of the molds. Cut a star or other figure from thin slices of cooked carrot and dispose in other molds above a figure cut from a slice of truffle. The bits of cooked vegetables should have been cooked separately. A good combination is celery, string beans, peas, carrot and asparagus tips. Add these to the gelatine mixture and when this begins to set, fold in the cream, beaten solid; add more seasoning if needed. Use this to fill the cups. Serve on lettuce, with French dressing.

COLD ASPARAGUS MOUSSE OR CREAM

| | |
|---|---|
| 1 bunch of asparagus | $\frac{1}{2}$ teaspoonful of salt |
| 1 cup of chicken broth or water | $\frac{1}{4}$ teaspoonful of paprika |
| 2 slices of onion | 1 tablespoonful of granulated gelatine |
| 2 cloves | |
| 3 slices of carrot | $\frac{1}{4}$ cup of cold water |
| $\frac{1}{2}$ teaspoonful of sweet herbs or $\frac{1}{4}$ soup bag | 1 cup of double cream, beaten firm Lettuce and French dressing |

From a bunch of asparagus cut off enough tips to line eight small molds. The tips may be set close to-

gether or a little distance apart and should be cut to the exact height of the molds. Tie these together and cook in the usual manner until just tender. Set these aside to become cold. To the water in which the tips were cooked add the rest of the asparagus, the broth, onion, cloves, carrot and herbs, cover and let simmer until the asparagus is tender and the liquid somewhat evaporated. Remove the onion, cloves, herbs, and carrot and press the asparagus through a sieve. There should be one cup of asparagus pulp and liquid; if there is more, let it evaporate by slow cooking. Soften the gelatine in the cold water, and set it in the dish into boiling water to dissolve. Add the dissolved gelatine and the salt and pepper to the purée; stir occasionally while cooling; when it begins to thicken fold in the cream, and when stiff enough to hold its shape use to fill the lined molds. When cold serve unmolded on crisp lettuce hearts with French dressing.

SALMON MOUSSE

(Cold)

| | |
|-----------------------------------|--------------------------------------|
| $\frac{1}{4}$ package of gelatine | $\frac{1}{2}$ teaspoonful of salt |
| $\frac{1}{4}$ cup of cold water | $\frac{1}{2}$ teaspoonful of paprika |
| 2 or 3 truffles | $\frac{1}{2}$ cup of cooked salmon |
| 1 tablespoonful of capers | 3 or 4 anchovies |
| 1 cup of chicken or fish broth | 1 cup of double cream |
| Yolks of 3 eggs | 1 clove of garlic |

Cut the truffles in slices and stamp out figures from them. Chop the trimmings fine. Soften the gelatine in the cold water. Beat the yolks with the

salt and pepper, and cook in the hot broth to thicken slightly. Add the softened gelatine. Remove bones and skin from the salmon and anchovies and pick the flesh very fine; add to the gelatine mixture with the chopped truffles; set in ice and water to cool, stirring occasionally. Cut the garlic in halves; with it rub over the inside of a bowl; in this beat the cream until firm throughout. When the gelatine mixture begins to thicken, fold in the cream. Have molds standing in ice and water, and before the fish is added to the gelatine mixture dip the truffle figures in it and use to decorate the molds. Use the fish and cream mixture to fill the molds. Serve on lettuce hearts with cold cooked peas. Pour French dressing over the whole. Other fish or shell fish may replace the salmon.

CHICKEN OR SWEETBREAD MOUSSE

(Cold)

| | |
|--|-----------------------------|
| 1 cup of hot chicken stock, highly seasoned | 1 truffle, chopped fine |
| 1 tablespoonful of gelatine (scant) | 1 truffle, cut in figures |
| 1/4 cup of cold chicken broth | Salt and pepper |
| 1 cup of cooked meat purée | 1 cup of cream, beaten firm |

Chicken or sweetbread may be used alone or together; chop the meat, pound with a pestle, then press through a sieve. Decorate the molds with the figures, cut from the truffle, chop the trimmings with the other truffle and add to the meat after it has been sifted. Soften the gelatine in the cold broth and dissolve in the hot broth; let cool a little, add

the meat and truffle and stir till beginning to set; fold in the cream. Serve with cress, lettuce, tomato, celery, nut, asparagus, green pea or cucumber salad. Use French dressing.

MUSHROOM MOUSSE

Prepare as above; use fresh mushrooms broken in pieces and cooked, then pressed through a sieve, or use canned mushrooms, chopped and not pressed through a sieve.

INDIVIDUAL ASPARAGUS SOUFFLÉS

(Cold)

| | |
|--------------------------|------------------------------------|
| 1 cup of asparagus purée | 1 cup of cream, beaten firm |
| ½ teaspoonful of salt | 1 or 2 tablespoonfuls of pistachio |
| ½ teaspoonful of pepper | nuts (blanched and chopped |
| ¼ package of gelatine | fine) |
| ½ cup of cold water | ½ cup of asparagus tips |

The asparagus purée should be quite consistent. Soften the gelatine in the cold water and dissolve by setting the dish in boiling water; add to the purée with the seasonings, stir over ice-water until beginning to set, then fold in the cream, and the asparagus tips if at hand. Have ready paper or china cases with paper bands pinned around them to increase the height. Fill the cases to the top of the bands with the mixture, making it perfectly smooth on top. Set aside to become thoroughly chilled. When ready to serve remove the paper bands (the mixture will thus stand above the case simulating a soufflé) and sprinkle the top with the

chopped nuts. A teaspoonful of mayonnaise dressing may be set above the soufflé in each case or the dressing may be omitted. Spinach, peas or string beans may be used in place of the asparagus. With string beans add a teaspoonful of onion juice.

TURKEY OR CAPON MEDALLIONS

Cut the breast of cold roast or pöeled turkey or capon into slices one-third an inch thick. With a sharp round cutter stamp rounds from these slices. With the trimmings and half a cup of whipped cream and other ingredients accordingly, prepare a chicken mousse. (See Chicken and Sweetbread Mousse.) Spread this in an agate pan to the depth of one-third an inch and let stand on ice to become firm. Dip a round cutter, a little larger than the one used for the rounds of chicken, in hot water and stamp out rounds from the mousse, brush these with half-set aspic jelly and set the rounds of plain chicken above. Serve these on lettuce hearts around a salad of asparagus heads or very choice, small, string beans.

SUPREME OF CHICKEN, LADY WILMER

To serve six truss three carefully cleaned spring chickens, fasten bacon over the breasts and cook by pöeling (see Chapter II) in an earthen dish. When cold remove the breast with the first joint of the wing bones attached. Remove the skin and cut the flesh into two pieces, cutting down along the breast bone. This gives the two fillets or supremes with

a bone attached (chicken cutlets). These cutlets might have been removed before cooking and then cooked, but they will be more juicy if cooked before removal. With the meat of the second joints (not all of it will be required) prepare a chicken mousse. Use the recipe for chicken or sweetbread mousse (page 279). Mold the mousse in a dome-shaped mold. When ready to serve unmold the mousse on a serving dish, set the supremes, coated with aspic, around and against the mousse, the points upward. Use half-set aspic to hold them in place. Sprinkle the top of the mousse and the spaces between the points of the supremes, alternately, with chopped truffles, pistachio nuts and pickled tongue.

INDIVIDUAL ASPARAGUS SOUFFLÉS

(Cold)

| | |
|---|-------------------------------------|
| 1 cup of asparagus purée | $\frac{1}{4}$ cup of cold water |
| $\frac{1}{2}$ teaspoonful of salt | 1 cup of cream, beaten firm |
| $\frac{1}{2}$ teaspoonful of black pepper | $\frac{1}{4}$ cup of pistachio nuts |
| 1 tablespoonful of granulated gelatine | |

Soften the gelatine in the cold water and dissolve by setting the dish of softened gelatine into a dish of hot water. Add the gelatine to the purée with the salt and pepper, stir over ice-water until beginning to set, then fold in the cream. Have paper bands pinned around paper or china individual dishes. Fill these with the mixture to the top of the bands, making the mixture perfectly smooth on top. Set aside to become thoroughly chilled; when ready to

serve, remove the paper bands (the mixture will thus stand above the case), and sprinkle the top with the pistachio nuts, blanched and chopped fine. A teaspoonful of mayonnaise dressing may be set above the soufflé in each case or this dressing may be omitted. This dish is the same thing, practically, as a mousse or cream. The use of the paper bands to simulate a soufflé effect, serving the preparation in the dish and the chopped nuts on the top being simply variations, for a purpose, in serving.

INDIVIDUAL SOUFFLÉS OF SALMON

| | |
|---|--|
| $\frac{1}{2}$ pound of cooked salmon | $\frac{1}{4}$ cup of fish or chicken broth |
| 5 or 6 anchovy fillets or | 1 truffle, chopped fine (or equivalent in trimmings) |
| 1 teaspoonful of anchovy paste | Salt and pepper |
| 1 cucumber | $\frac{1}{2}$ to 1 whole cup of cream, beaten |
| Chicken stock | |
| 1 tablespoonful of gelatine (scant measure) | firm |

Free the salmon of skin and bones, add the anchovies or paste and pound to a smooth paste. Cut eight slices from a pared cucumber and set them aside in ice-water. Cook the rest of the cucumber in boiling stock until tender, drain, cool in cold water, drain and dry on a cloth, then pound with the fish; press the mixture through a fine sieve; add the gelatine, softened in the broth and dissolved by setting the dish in hot water, salt and pepper and the chopped truffle; mix thoroughly and set into a dish of ice-water. When the mixture begins to set, fold in the cream (the texture will depend on the

quantity used). Put a strip of waxed paper around the top of eight or ten very small china or paper cases, to increase the height and, when removed, to give effect of a hot soufflé which rises in cooking. Fill the cases to the height of the paper. Remove the paper before serving. Chill on ice and finish with the slices of cucumber — one on each — seasoned with French dressing and holding a figure cut from a slice of truffle. These may also be served unmolded on lettuce leaves dressed with French dressing.

CHAUDFROID OF STUFFED TOMATOES

| | |
|--|--------------------------------|
| 1 cup of cooked chicken breast in one-fourth inch cubes | Mayonnaise dressing |
| $\frac{1}{2}$ cup of celery in thin slices | 8 small tomatoes |
| 1 truffle, cut in tiny bits | Chaudfroid sauce (about 1 cup) |

Peel the tomatoes, cut out a piece around the stem ends and remove the seeds to form cups; sprinkle the insides with salt and let chill on ice. Mix the celery, chicken and truffle with mayonnaise and fill the cups; spread chaudfroid sauce over the top of the salad, letting it come down upon the tomato to make a good edge. Decorate with truffle and cooked white of egg. Serve very cold with lettuce and mayonnaise or French dressing.

CHAUDFROID OF DUCKLING IN ASPIC JELLY

Roast a choice duckling; when cold remove the breast and cut it in slices for serving. Use the rest

of the duckling in making a cup and a half of salmis sauce. To this add one tablespoonful and a half of granulated gelatine, softened in one-third a cup of the duckling broth. About a cup and a half of aspic jelly will also be needed. This may be made of duck or veal broth as is convenient. Coat the fillets of breast with the salmis sauce and let them stand to become firm. Put a layer of salmis sauce in the bottom of a mold. The mold may first be decorated with figures cut from slices of truffle if desired. When the sauce is set, dispose on it a layer of the coated fillets (note that the bottom of the mold will be the top when the dish is unmolded), and cover with a thin layer of aspic. Continue these layers until the mold is filled. The last layer should be of aspic. Unmold, surround with celery or orange salad, or surround with aspic, broken up with a fork, and serve the salad separately.

MEDALLIONS OF TONGUE, CHAUDFROID, WITH SALAD

Cut a cold, pickled tongue into slices three-eighths an inch thick. Stamp these into perfect rounds and let chill on ice. Spread the medallions with chaudfroid sauce, decorate with figures cut from truffle, hard-cooked egg, olives or whole capers; cover the decorations with half-set aspic jelly. Serve with heart leaves of lettuce, or with cress, celery or endive or with string beans, peas, or asparagus tips, dressed with French dressing.

CHAUDFROID OF CHICKEN

Cut fine half a carrot and one onion; add a branch or two of parsley and one-fourth a bay leaf, and if at hand a tablespoonful of lean ham or bacon cut in small bits. Let these cook in two or three tablespoonfuls of butter until yellowed a little, then turn into a casserole just large enough to take a chicken trussed for roasting; rinse the frying pan with two tablespoonfuls of Madeira or sherry and pour over the chicken, set on the vegetables, cover the dish and set to cook in a moderate oven. Baste the fowl each twenty minutes with melted butter and let cook until the joints separate easily. When the chicken is cold, separate it into pieces at the joints, remove and discard the skin, solid pieces of fat and such bones as can be removed without breaking up the flesh. Do not use the pieces containing the back bone, but retain the wing joints next the breast. Dip each joint into chaudfroid sauce that is on the point of "setting," and set on a cold earthen plate; the sauce on the first joint will be firm by the time the last one is dipped, unless the room be rather warm. Set a figure cut from a slice of truffle on the center of each piece, pour aspic jelly, just beginning to "set," over the joints and let stand in a cool place until ready to use. Put a paper frill on the legs and wings and arrange around a mound of cold asparagus tips or string beans, seasoned with French dressing. Let a lettuce leaf protrude from below each joint of chicken and cubes of aspic jelly be disposed between them.

CHAUDFROID SAUCE

Make an ordinary sauce of two tablespoonfuls, each, of butter and flour, half a cup, each, of cream and chicken broth, one-fourth a teaspoonful, each, of salt and pepper. If a yellow sauce is desired, add the yolk of an egg. Also add to the hot sauce one tablespoonful of gelatine (one-fourth a package) softened in one-fourth a cup of cold chicken broth.

SPECIAL ASPIC JELLY OR CHAUDFROID OF CHICKEN

Pour a pint of white broth (veal or chicken) into the dish in which the chicken was cooked; let simmer six or eight minutes, then strain, let cool and remove the fat. Stir into the broth a scant half a package of gelatine softened in half a cup of broth, salt and pepper as needed, and the slightly beaten white and crushed shell of one egg. Stir constantly over the fire until the boiling point is reached, let boil gently five minutes, then let settle and strain through a napkin wrung out of hot water.

TOMATO CREAM, GLACÉ

| | |
|-----------------------------------|--------------------------------------|
| 1 can of tomatoes | $\frac{1}{2}$ teaspoonful of salt |
| 2 slices of onion | $\frac{1}{2}$ teaspoonful of paprika |
| 1 stalk of celery | 1 cup of double cream |
| 1 branch of parsley | Lettuce hearts |
| $\frac{1}{2}$ "kitchen spice bag" | French dressing |

Cook the tomatoes and vegetables about forty minutes, and press through a sieve. There should be

one cup of thick purée. Add the salt and paprika and let become cold; then fold in the cream beaten quite light but not solid. Turn into a mold or empty baking powder box, partially lined with strips of waxed paper; cover securely and let stand in equal measures of salt and crushed ice for about two hours. Serve, cut in slices, on lettuce hearts, with French dressing. Do not freeze too hard. Mixtures without sugar freeze quickly. The glacé should cut in slices easily.

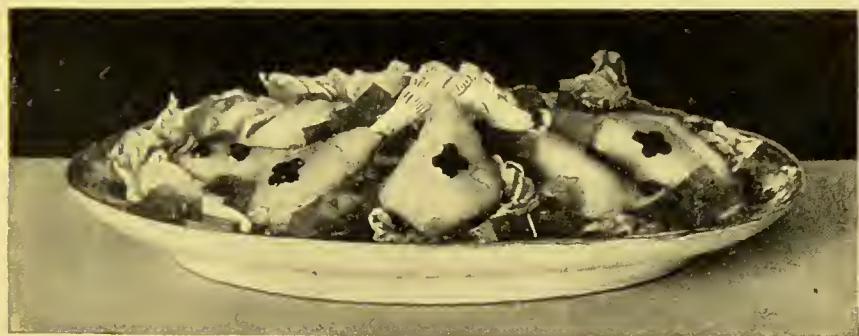
ASPARAGUS CREAM, GLACÉ

| | |
|--|--------------------------------------|
| Asparagus | $\frac{1}{2}$ cup of water |
| 2 slices of onion | $\frac{1}{2}$ teaspoonful of salt |
| 2 cloves | $\frac{1}{2}$ teaspoonful of paprika |
| 2 slices of carrot | 1 teaspoonful of lemon juice |
| 2 branches of parsley | 1 cup of double cream |
| $\frac{1}{2}$ teaspoonful of sweet herbs and spices | |

This dish may be made of either fresh or canned asparagus. If canned asparagus tips be used, pour the " tips " into a colander and turn over cold water to rinse thoroughly. Reserve about a cup of the choicest " tips " to serve, seasoned with French dressing, around the dish when unmolded. To three cups of the cooked asparagus (more of uncooked asparagus will be needed) add the onion into which the cloves have been pressed, the carrot, with the parsley, sweet herbs, etc., tied in a bit of cheese-cloth, and the water; cover and let simmer fifteen or twenty minutes. Remove all but the asparagus; press this through a fine sieve. There should be



ASPARAGUS CREAM, GLACÉ. — *Page 288.*



CHAUDFROID OF CHICKEN. — *Page 286.*



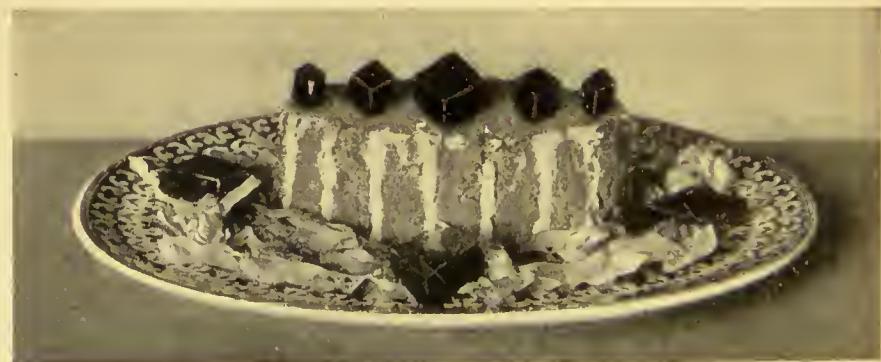
SALAD OF TOMATO CREAM, GLACÉ. — *Page 287.*



ASPARAGUS SALAD, TARTARE MOUSSELINE SAUCE. — *Page 290.*



GALANTINE OF CHICKEN DECORATED WITH WHITE OF EGG AND CRESS. — *Page 293.*



PAIN DE FOIE DE VOLAILLE. — *Page 292.*

one cup of purée. Add the seasonings and set aside to become cold. Beat the cream till firm throughout, then fold it into the chilled asparagus purée. Turn into a mold lined with paper. Pack in equal measures of rock salt and crushed ice to stand until frozen throughout. Unmold upon a chilled plate, surround with lettuce and the tips, seasoned with French dressing. Serve, as a course by itself, with rolls or sandwiches, or serve, as an entrée, with chicken.

ASPARAGUS WITH CHANTILLY MAYONNAISE

Set the cold cooked asparagus tips in nests of lettuce hearts. Use about six stalks between two and three inches long and three or four lettuce leaves for each service. Put a spoonful of Chantilly mayonnaise above and serve at once. Chantilly mayonnaise is made by folding whipped cream into the mayonnaise.

ASPARAGUS SALAD, HALF MOURNING

When the asparagus is tender, rinse thoroughly in cold water, to preserve the shape and color. When cold, marinate with a mixture of three parts of olive oil to one of lemon juice, with salt and pepper as needed. Set aside, covered, until ready to serve, then dispose on a bed of lettuce hearts, and garnish with lettuce holding mayonnaise dressing, mixed and sprinkled with chopped truffles.

ASPARAGUS SALAD, TARTARE MOUSSELINE SAUCE

Dispose cold, cooked asparagus stalks, from which the tough portions have been cut, on nests of well-crisped lettuce hearts; put a spoonful of tartare mousseline sauce above the asparagus in each nest and serve at once. The lettuce, asparagus and sauce should all be well chilled before serving.

TARTARE MOUSSELINE SAUCE

To a cup of mayonnaise dressing add two tablespoonfuls, each, of fine-chopped capers, olives and gherkins, half a chilli pepper, fine-chopped, and, just before serving, half a cup of double cream, beaten solid, and salt as needed.

LOBSTER SALAD, WITH TOMATOES

Cut a pared cucumber into small cubes, let stand in ice-water to chill, then drain and dry on a cloth. To the cubes of cucumber add an equal measure of cold asparagus tips and whatever small, firm bits of lobster there may be. Season as needed with salt, pepper, three tablespoonfuls of oil and one of vinegar. Turn upon a bed of heart leaves of lettuce, carefully washed and dried. Set against and around the mound of salad the flesh taken from the large claws and the tail of the lobster. This flesh should be removed in whole pieces and cut according to the number to be served. Garnish the salad with length-wise quarters of peeled and chilled tomatoes. Press

the coral and the creamy parts of the lobster through a sieve and gradually beat into half or three-fourths a cup of mayonnaise dressing. Additional salt and pepper will be needed. Serve the sauce in a bowl.

The following dishes are not properly included among entrées. They are served quite frequently at banquets and suppers, also at lawn parties, college spreads and club luncheons where a buffet service is indicated. They are handsome dishes prepared with no great effort and are well worth the attention of any one willing to give thought to the nice details of a dish.

COLD FILLET OF BEEF, JARDINIÈRE

Lard the fillet, then roast as usual and let become cold. Prepare some plain boiled rice, cooking it rather more than for the table, and turn it into a dish (a pan) of a length and width corresponding to the fillet. It may be larger than the fillet, but should not be smaller. Brush over a large serving dish with white of egg and set the form of rice upon it; heat the plate a little and the rice will not slip upon the plate after it is once cooled. Brush over the rice with white of egg (beaten slightly and strained) and sprinkle with fine-chopped parsley. Cut a thin slice from the bottom of the fillet throughout its whole length, then cut the fillet into thin slices and return them in their natural order to the long bottom slice and set them on the cold rice, pressing

them close together. Coat the meat with half-set aspic jelly. Set around the rice, in symmetrical order, flowerets of cooked cauliflower, little groups of peas or asparagus tips, juliennes of carrot, balls of turnip, or such other cooked vegetables as are convenient. Small tomatoes, emptied, peeled, and filled with a macedoine of vegetables cohered with aspic make an appropriate garnish. Coat the little groups with aspic, and set little piles of chopped aspic between them. Surround the whole with triangles cut from rather firm aspic. If the fillet does not quite fill the rice foundation, fill in the open spaces with chopped aspic.

COLD FILLET OF LAMB, WITH PEAS AND MINT JELLY

Use the tenderloin underneath both sides of a side of lamb, or use the boned loin with flank removed. Roast as usual and prepare as fillet of beef, except that a slice should not be removed from the bottom of the cooked meat. Garnish with alternate piles of cooked peas mixed with figures, cut from slices of carrot, and coated with aspic and little shapes of mint jelly.

PAIN DE FOIE DE VOLAILLE

| | |
|---|--------------------------------------|
| 1 pint of chicken livers or | $\frac{1}{4}$ cup of butter |
| 1 pint of calf's liver | $\frac{1}{2}$ cup of panada |
| 2 slices of bacon or salt pork | Yolks of 3 eggs |
| 2 shallots, chopped or | $\frac{1}{2}$ a teaspoonful of salt |
| 1 slice of onion | $\frac{1}{2}$ teaspoonful of paprika |
| 1 branch of parsley | Bacon to line mold |
| 1 sprig of thyme | Slices of truffle |
| $\frac{1}{4}$ cup of sherry wine or white stock | |

Clean and wash the livers, chop the bacon, shallots or onion, parsley and thyme; add the liver and wine or stock and let simmer very slowly one hour. Pound in a mortar, add the panada and the butter, and pound again; add the yolks and seasonings and mix thoroughly and press the mixture through a fine sieve. Line a Charlotte mold, holding from a pint to a pint and a half, with thin, tiny strips (half-inch in width) of bacon or salt pork; put in the liver mixture, adding a slice of truffle here and there. Whole truffles are inserted in imported *pâté de foie gras*, and, disregarding expense, may replace the slices of truffle in this dish. Cover with a buttered paper. Set in a dish of boiling water and let cook in the oven two hours. Do not let the water boil during the cooking. Press the mixture closely into the mold and let cool. When turned from the mold garnish with aspic jelly, cut in diamonds or chopped fine, and ribbons of lettuce. Serve with lettuce, cress or endive salad.

GALANTINE OF CHICKEN, CHAUDFROID STYLE

| | |
|--|---|
| 1 chicken of 4 pounds | 1 tablespoonful of fine-chopped |
| 1 pound of lean veal | parsley |
| 1 pound of fresh pork, fat and lean | 1 egg, beaten light |
| $\frac{1}{2}$ teaspoonful of salt (generous) | 1 cup cubes of ox tongue (cooked) |
| $\frac{1}{2}$ teaspoonful of paprika | $\frac{1}{2}$ cup of larding pork (raw) |
| 3 or 4 tablespoonfuls of sherry wine | 2 truffles, cut in thin slices |
| 1 teaspoonful of onion juice | |

As the chicken is to be boned, it should be purchased undrawn and quite fresh. Singe and remove

pin feathers. Cut off the pinions. Cut through the skin down the entire length of the backbone, then push and cut the flesh from the bones, to secure the framework in one piece and the flesh in another. Take off the white meat and set it aside. Wipe the outside and inside of the flesh; push the skin of the wings and legs inside and remove the flesh. Put this flesh scraped from the tendons, with the pork and veal, and chop and pound to a smooth paste, seasoning with salt and pepper and adding a little broth meanwhile, but do not make very moist; press through a sieve, add the onion juice, parsley, wine, and beaten egg. The tongue and pork should be cut in cubes of a scant three-fourths inch. Pour boiling water over the pork, drain, rinse in cold water and drain again. Spread the skin on a meat board and sprinkle lightly with salt and pepper. Trim the skin as needed, to secure a rectangular shape. Cut the breast meat, previously set aside, in thin, even slices; lay these slices over the skin as uniformly as possible; over these spread a layer of the forcemeat; lengthwise on the forcemeat set rows — equally distant from each other — of the cubes of pork and tongue and the slices of truffle, alternating the articles and having them at a uniform distance, one from the other, and cover with forcemeat; repeat the rows of cubes and finish with forcemeat. Then roll into a neat and compact shape, the skin upon the outside, and sew secure. Or, spread a layer of forcemeat, three or four inches wide, down the full length of the

skin; upon this layer set the cubes and slices of material, disposing them alternately and at regular intervals; upon these spread a layer of forcemeat; arrange another layer of cubes, etc., then another layer of forcemeat; roll the skin over these and sew the edges secure. Roll the meat in a piece of cheesecloth, tie the cloth close to the ends of the meat and tie tape around it in two or three other places. Finish dressing the bones of the chicken, cover them with cold water, adding bits of veal, etc., and the usual soup vegetables; let the whole heat to the boiling point, then simmer gently half an hour; on the bones set the galantine and let simmer until tender. Let stand until cooled a little, then untie the pieces of tape, unroll the cloth and roll again smooth, tie the tapes as before and set to cool under a weight. Strain off the broth and when cold remove the fat and use the broth for aspic and chaudfroid sauce. When the galantine is cold, remove the skin, wipe to remove fat if present, then cover with a chaudfroid sauce, decorate with truffles or white and yolk of hard-cooked egg, or both, and cover with half-set aspic jelly. Serve sliced with a green salad or cooked vegetables dressed with aspic. A pint of aspic and a cup of chaudfroid sauce are needed.

TERRINE OF CHICKEN AND HAM

Scrape the pulp from the fibers in half a pound, each, of veal and fresh pork; pound this pulp in a

mortar; add the yolks of two raw eggs, half a teaspoonful, each, of salt and paprika and, if desired, two tablespoonfuls of sherry and pound again, then press through a sieve. Remove the bones from the breast, second joints and legs of a young chicken, weighing about two pounds. Have an oval terrine, or shallow casserole, that holds about three pints. Line the bottom and sides with thin slices of larding pork. The pork should be cut exceedingly thin. Over the pork spread a thin layer of the veal forcemeat mixture, over this put a thin slice of cold, boiled ham, on the ham a layer of forcemeat, then half of the chicken (light and dark meat); sprinkle lightly with salt and pepper, spread with forcemeat, a layer of ham, forcemeat, chicken, forcemeat, ham, forcemeat and, lastly, a layer of larding pork. Pour in half a cup of broth, cover, and set the terrine into an agate dish or a saucepan. Pour in boiling water to half the height of the terrine and let cook in the oven one hour and a half. Remove the cover and set a board with weight upon it over the meat, to remain till cold. Remove fat and loosen the meat from the dish at the edge. Unmold on a dish. Ornament with tiny cubes of jelly (made of broth from the rest of the chicken and the trimmings of the veal, thickened with gelatine), slices of truffle and lettuce hearts. This dish is suitable for high tea, lawn parties, picnics and automobile baskets. Lettuce served with it should be seasoned with French dressing.

COLD MEAT, WITH VEGETABLE SALAD

Cut cold meat of any variety in thin slices; trim off all unedible portions and dispose neatly in the center of an ample dish. Around the meat set heart leaves of lettuce, each holding six or eight cold, cooked string beans, cut in pieces, a few slices of radish and a slice of cooked beet. Pour vinaigrette sauce over the whole or set a tablespoonful of mayonnaise or tartare sauce above the vegetables in each nest. Tomatoes, cut in slices or in julienne strips, may be used in place of the beet and radish, but not with either of them.

VINAIGRETTE SAUCE

Allow a tablespoonful of oil and half a tablespoonful of vinegar for each service. To this add one-eighth a teaspoonful of salt and pepper as desired, gherkins or capers (the latter with cold lamb), chives (or onion juice), chervil and parsley to taste, all chopped exceedingly fine.

CHAPTER X

FRUIT ENTRÉES AND SWEET ACCOMPANIMENTS

APPLE FRITTERS

| | |
|----------------------------------|-----------------------|
| 1½ cups of flour | 1 egg |
| 1½ teaspoonfuls of baking powder | ⅔ cup of milk (scant) |
| ¼ teaspoonful of salt | 2 sour apples |

Pass the dry ingredients together through the sieve. Beat the egg; add the milk and stir into the dry ingredients. Pare, core and cut the apples into small bits and stir these into the batter. Drop, by spoonfuls, into deep fat and fry to a delicate brown. When dropping the dough into the fat, try and keep the bits of apple covered with dough. Serve with a claret or a jelly sauce. Other fruit, as peaches, pears, bananas and pineapple may be used in the same way.

CLARET SAUCE FOR FRITTERS, BAKED BANANAS, ETC.

Boil one cup of sugar and one-third a cup of water six minutes; add from one-third to one-half a cup of claret and a teaspoonful of lemon juice.



GALANTINE OF CHICKEN, DECORATED WITH TRUFFLES. — *Page 293.*



TERRINE OF CHICKEN AND COOKED HAM GARNISHED: ASPIC JELLY AND LETTUCE HEARTS. — *Page 295.*



GALANTINE OF CHICKEN SLICED FOR SERVING. — *Page 293.*



PINEAPPLE FRITTERS, WITH SAUCE. — *Page 209.*



LEMON AND CRÈME DE MENTHE PUNCH IN SAME GLASS. — *Page 307.*



BLUSHING APPLES WITH ORANGE SAUCE. — *Page 302.*

Currant Jelly Sauce

1 cup of sugar
 $\frac{1}{3}$ cup of water

1 cup of currant jelly
Juice of $\frac{1}{2}$ lemon

Boil the sugar and water six minutes; add the jelly and let become hot without boiling; add the lemon juice and pass through a fine sieve. For a very fine sauce add half a cup of candied cherries, cut in halves.

Canned Pineapple Fritters

Drain the slices of pineapple from the syrup in the can; sprinkle with kirsch and let stand an hour, then dry on a cloth. Dip the slices, one at a time, in fritter batter and fry in deep fat to a delicate amber tint. Drain on soft paper. Serve at once with a hot sauce made of the syrup from the can.

Batter for Pineapple Fritters

Beat one egg; add one-half a cup of milk and gradually stir into three-fourths a cup of sifted flour, sifted again with a level teaspoonful, each, of baking powder and sugar, and one-fourth a teaspoonful of salt. Beat the mixture thoroughly; cover and let stand a short time before using. This batter may be used for other fruit in solid pieces or, by the omission of the sugar, for meat and fish.

Pineapple Sauce for Fritters

To the syrup, drained from the pineapple slices and heated to boiling point, add a cup of sugar, sifted with a level tablespoonful of cornstarch; let boil

six or eight minutes; tint with green color paste or liquid, if desired; add the juice of half a lemon and kirsch to taste.

BAKED BANANAS, SULTANA SAUCE

| | |
|---------------------------------------|-----------------------------|
| $\frac{3}{4}$ cup of sultana raisins | 1 teaspoonful of butter |
| 1 cup or more of boiling water | 1 teaspoonful of vanilla or |
| 1 cup of sugar | 3 tablespoonfuls of sherry |
| 2 teaspoonfuls or more of corn starch | 8 bananas |

Pull down a section of a banana skin, then loosen the pulp from the rest of the skin; remove all coarse threads and replace the fruit in its original position in the skin. Set the bananas in an agate pan into the oven to cook until the skin is blackened and the pulp is soft. The length of time needed will depend on the heat of the oven, probably about twenty minutes, in a moderate oven. At least an hour before serving set the cleaned raisins to cook in the boiling water, adding water as needed. Mix and sift together the sugar and cornstarch and stir these through the raisins and water; stir until boiling, then let simmer ten minutes and add the butter and flavoring. Remove the bananas from the skin to a hot plate (they may be coiled in a half circle). Pour over the sauce and serve at once.

BAKED BANANAS, CLARET OR Currant JELLY SAUCE

Bake the bananas as in the preceding recipe, and dispose on small individual plates. Pour over either claret or currant jelly sauce.

BAKED BANANAS

Peel and remove coarse threads from six or eight bananas and set them, side by side, in an agate baking pan in which two tablespoonfuls of butter have been melted; sprinkle with half a cup of sugar and the juice of one lemon. Bake from thirty to sixty minutes. When baked the fruit will be tender and the sauce thick and red. Set the bananas in a half circle on individual dishes and pour the sauce over them. Turn the bananas once or twice during cooking.

BANANA CROQUETTES

Remove the skin and coarse threads from the bananas, and trim off the ends, that the pulp of each may simulate a cylindrical-shaped croquette. Egg-and-bread crumb and fry in deep fat. Serve with claret, wine or currant jelly sauce.

CRANBERRY SAUCE

Boil two cups of water and one cup and a half of sugar ten minutes; add three cups of berries, let boil one minute, then draw to a cooler part of the range to simmer twenty minutes. This sauce is at its best the day after cooking.

CRANBERRY JELLY

1 quart of cranberries
1 pint of sugar

1 cup of water

Cook the cranberries with the water, covered, over a quick fire until the skins burst—about five

minutes. Press the cranberries through a strainer set in part of a double boiler. Use a pestle. Stir in the sugar and turn at once into a serving dish. Do *not* reheat with the sugar. This mixture will jelly. For a less firm mixture use one pint of water.

APPLE RINGS FOR A GARNISH

Core and pare the apples; cut from the center of each two or three slices nearly half an inch in thickness. Have a cup of sugar and a cup of water boiled to a syrup; in this cook the slices, turning often to avoid spoiling the shape.

RHUBARB COOKED WITH SULTANA RAISINS

Pick the stems from one-third a cup of sultana raisins. These raisins are small, light or dark colored and seedless. Add a cup of boiling water and let cook until the water is reduced to two or three tablespoonfuls. Peel and cut into half-inch lengths enough rhubarb to make one pint; add to the raisins with one cup of sugar, cover and let cook very slowly until the rhubarb is tender.

BLUSHING APPLES, WITH ORANGE SAUCE

Select eight bright red apples. Wipe the apples carefully and remove the cores. Set to cook in boiling water, turning as needed, to cook the apples uniformly on all sides. When done remove to a plate and with a sharp knife cut through the skin on two sides of the apples, remove the skin and with a

teaspoon scrape the inner side of the skin to remove from it all red pulp. Return this red pulp to two sides of the apples, thus causing them to have the appearance of blushing. In the mean time cook the grated rind and juice of two oranges, the juice of half a lemon and one cup of sugar to a syrup. Pour the syrup over the apples and serve at once. The apples and syrup may also be reheated for serving.

CHANTILLY APPLE - SAUCE WITH HORSERADISH

Cook about five apples, neatly pared and cored, in as little water as possible, pass them through a fine sieve and add one-fourth a cup, each, of sugar and fresh-grated horseradish. Mix thoroughly and set aside to become cold. When cold and ready to serve, fold in an equal bulk of whipped cream. Serve with dishes made up of young ducks or goslings.

CRABAPPLE JELLY

Wash and wipe the crabapples and if large cut them in halves. Remove all imperfections. Add boiling water to come just to the top of the crabapples, cover and let simmer until soft throughout. Do not disturb the fruit during cooking. Turn into a bag to drain. Tie a string around the bag and suspend over a bowl from a hook with a long arm. Keep the liquid that drains out for first grade jelly, then squeeze the bag to remove the rest of the liquid. This latter will form the larger part of the liquid and

will make nice jelly, though not quite as clear as that made from the liquid that drips through the bag. Measure the liquid and allow three-fourths a cup of sugar to each cup of juice. Set the juice over a hot fire to boil. Spread the sugar on agate plates and set in the oven to become hot, stirring occasionally. Skim the juice while it is boiling. After the juice has boiled twenty minutes, add the hot sugar, let boil all over the kettle, then test on a cold saucer. When the jelly "sets" a little on the saucer it is done. It will take longer cooking than jelly made of fruit without the addition of water. Do not cook too long, as all jellies in which apples are used become firmer on standing. Do not make a very large quantity of jelly at any one time. After the juice is extracted, can it and use in making jelly as it is required.

CURRENT JELLY

Do not gather the currants just after a rain; extract the juice by pressing a few at a time in a cloth, then let drain through a cloth without pressure. Let as many cups of sugar as of juice heat on agate plates set in the oven. Skim the juice as it boils; after twenty minutes, add the hot sugar and, when the liquid boils again, test on a cold plate. No water having been added to the fruit, the syrup does not call for long boiling.

SWEET PICKLED PEACHES AND SICKLE PEARS

| | |
|--------------------|----------------------------|
| 7 pounds of fruit | 4 ounces of stick cinnamon |
| 3½ pounds of sugar | Cloves |
| 1 pint of vinegar | |

Push three or four cloves into each peach, nicely pared, or into each pear with skin retained. Boil and skim the sugar and vinegar, add the cinnamon, put in the fruit, a little at a time, so that it may be well covered with syrup and let cook until barely tender, then remove to jars. As the syrup drains from the cooked fruit in the jars, return it to the rest of the syrup. When all the fruit is cooked, boil the syrup to a good consistency and use to fill the jars.

SWEET PICKLED MUSKMELON AND WATER-MELON RIND

Pare off the outside rind, all pink from the water-melon and soft portion from the muskmelon. Cut the rind in pieces of suitable size; let stand over night in cold salted water, two tablespoonfuls of salt to a quart of water. In the morning drain off the water, cover with fresh water and let cook until the melon can be pierced easily with a fork; let stand to drain thoroughly, then weigh and finish as sweet pickled peaches.

SWEET PICKLE JELLY

| | |
|--|--|
| ½ package of gelatine | 1 orange, juice and pulp |
| ½ cup of cold water | 2 tablespoonfuls of maraschino |
| 1 cup of syrup from sweet pickle jar (hot) | cherries |
| 1 cup of sweet pickled fruit, man-goes, melons, etc. | 3 or 4 tablespoonfuls of mara-schino from bottle of cherries |

Soften the gelatine in the cold water and dissolve in the hot syrup; let cool, then add the other ingredients and turn into a mold. Serve with roasts of any kind. A variety of sweet pickled fruit may be used; a mango with its filling is a good addition. The fruit and pulp of the orange should be in small pieces.

MINT JELLY

| | |
|--|--|
| 1 tablespoonful of granulated gelatine | 1 cup of vinegar |
| | $\frac{1}{4}$ teaspoonful of salt |
| $\frac{1}{4}$ cup of cold water | $\frac{1}{4}$ teaspoonful of paprika |
| 1 cup of granulated sugar | $\frac{3}{4}$ cup of mint leaves, chopped fine |

Soften the gelatine in the cold water. Boil the sugar and vinegar five minutes after boiling begins, add the softened gelatine, and stir until the gelatine is dissolved; add the seasoning, and mint, also green vegetable color to tint as desired, and when it begins to thicken (use ice) stir and turn into individual (very small) molds. When unmolded garnish with choice sprigs of mint.

CRANBERRY FRAPPÉ

| | |
|-------------------------|------------------|
| 1 quart of cranberries | 2 cups of sugar |
| 2 cups of boiling water | Juice of 1 lemon |

Boil the cranberries and water, covered, five minutes or until the skins burst; strain through a very fine sieve or a cheesecloth; add the sugar and lemon juice and when cold freeze in the usual manner.

SWEET CIDER FRAPPÉ

Pour the cider without any addition whatever into the can of the freezer; pack the can in salt and crushed ice, using three measures of ice to one of salt. Freeze as usual.

ROMAN PUNCH

| | |
|--------------------------------------|----------------------------|
| 1 quart of water | 1 cup of lemon juice |
| 2 cups of sugar | White of 1 egg, beaten dry |
| ½ teaspoonful of granulated gelatine | ⅓ cup of sugar |
| 4 tablespoonfuls of cold water | ⅓ cup of water |

Boil the first two ingredients twenty minutes; add the gelatine softened in cold water, and when cold add the lemon juice and freeze. Boil the one-third a cup of sugar and one-fourth a cup of water till it spins a thread, and pour on the beaten white as when making boiled frosting; beat occasionally until cold, then beat into the frozen mixture. Let stand an hour or longer to ripen. When ready to serve, dip the punch into the glasses; with a spoon dipped in warm water, make a hollow in the center of the ice in each glass and put in a teaspoonful or more of the rum.

One quart of punch, measured after freezing, is allowed for each ten people.

GREEN AND WHITE PUNCH IN SAME GLASS

Prepare the sherbet as for Roman Punch. Take out half of the sherbet, tint it delicately with green color paste and add crème-de-menthe cordial to

flavor as suits the taste. Leave the other half of the sherbet as it is or flavor with rum. Serve the white and green sherbets side by side in each glass.

GINGER ALE PUNCH

Melt one cup and three-fourths of sugar in one cup of lemon juice and stir in one quart of ginger ale. Freeze to a mush. Serve in cocktail glasses. Half a cup of Sauterne may be mixed through the ice after it is frozen.

RUM SORBET

| | |
|---------------------------------------|----------------------------------|
| 1 pint of Châblis | $\frac{1}{2}$ cup of lemon juice |
| 1 pint of syrup at 35° by syrup gauge | $\frac{1}{4}$ cup of rum |

Mix the Châblis, syrup, and lemon juice and freeze as usual. When ready to serve, put a spoonful of the rum in the sherbet in each glass.

SAUTERNE SORBET

| | |
|-------------------|-------------------|
| Juice of 2 lemons | 1 cup of Sauterne |
| Juice of 1 orange | |

Take cold syrup at 22° (syrup gauge) to bring the mixture to 15° on the syrup gauge. Mix and freeze.

PEACH SHERBET

| | |
|---------------------------------------|------------------|
| 1 pint of peach pulp | 2 whites of eggs |
| Juice of 2 oranges | 1 cup of sugar |
| Juice of 1 lemon | 1 cup of curacao |
| 1 pint of syrup at 30° by syrup gauge | |

The syrup should be cold when mixed with the fruit juice. Make an Italian meringue (boiled

frosting) with the whites of eggs and sugar. When the syrup and fruit juice are frozen, and the meringue is cold, add the meringue and wine and turn the freezer a little longer.

CARDINAL SHERBET

| | |
|--|---------------------|
| 1 pint of raspberry juice | Juice of 1 orange |
| 1 cup of pineapple juice | 2 whites of egg |
| 2 cups of syrup at 30° by the sugar thermometer | 1 cup of sugar |
| Juice of 2 lemons | ½ cup of maraschino |

Prepare as the peach sherbet. Omit the Italian meringue from a sherbet and the ice is less sweet and less smooth and is designated "Granite."

STRAWBERRY GRANITE

| | |
|--------------------------------------|------------------------|
| 1 pint of strawberry pulp (no seeds) | 1 pint of syrup at 20° |
|--------------------------------------|------------------------|

Add champagne or white wine to reduce to 15°, then freeze. Other fruit may be used in the same way.

CHAPTER XI

DISHES PLANKED AND COOKED EN CASSEROLE

I.—PLANKED DISHES

THE serving of planked dishes originated in the cooking of fish before an open fire, not far from the water from which it had been taken. A hard wood plank or board was heated and the fish, split open and cleaned, was fastened skin side down to the board. The plank, with a long stick or some other appliance to hold it in place, was then set up before the fire to remain until the fish was cooked. After the fish was eaten the plank was burned. Planked fish proved so appetizing that slices of bear steak and venison were cooked in the same way.

Then came the attempt to carry out something akin to this style of cooking in the kitchen. Fish, chops, steaks and young chickens may be very satisfactorily planked under the oven burners in a gas range. Lacking a gas range, the initial "searing" may be done over the coals (broiling) or in a super-heated frying pan (pan broiling) and the rest of the cooking be completed in the oven, the broiler when used being set over a dripping pan.

When nearly cooked the article is removed to a plank made hot to receive it. The edge of the plank

is usually decorated with mashed potato, set in place with pastry bag and tube or pipe. Vegetables are set in the open spaces between the article and the potato. Explicit directions as to the vegetables used and their disposition on the dish will be given under the various recipes. At the same time one should not be too dependent on the recipes, but vary the vegetables with the season. Fresh mushrooms, broiled and well seasoned, are a welcome addition to any planked dish, while to a planked steak either fresh or canned mushrooms in the sauce are considered an indispensable adjunct.

At the present time, except when a gas oven is used, the plank is not used for the actual cooking of the viand; it is the serving rather than the cooking dish, and as such it may be cleaned and used repeatedly. To brown the edges of the mashed potato, so often used as a garnish to a planked dish, the plank is set into a hot oven and, when removed, for ease in handling it is set into a nickel-plated receptacle provided for the purpose or upon a platter of suitable size. A planked dish is usually served from the table.

PLANKED HALIBUT

(To serve twelve)

Select a solid piece of chicken halibut, cut the entire width of the fish and below the opening in the body. It should be at least two inches thick and weigh about four pounds. Trim the ends, rinse in

cold water and wipe dry. Put a fish sheet thoroughly rubbed over with butter in an agate baking pan; on the sheet dispose half a dozen slices of onion and on these lay the fish. Squeeze the juice of half a lemon over the fish, dot with bits of butter or strips of fat salt pork, and pour around half a cup, each, of white wine and chicken broth or a full cup of the broth; add also, if convenient, a little mushroom or oyster liquor. Cook about forty minutes. Have the oven hot, at first, then let cool to a very moderate heat. Baste six or more times with the liquid in the pan. Season with salt when half cooked. Transfer the fish to a hot, hardwood plank. By lifting the fish on the sheet from the pan, it may be easily pushed from the sheet to the plank in perfect shape. Pipe hot mashed potato (there should be about three pints of mashed potato) around the fish. Brush over the potato with the beaten yolk of an egg, diluted with one or two tablespoonfuls of milk. Set the plank into a hot oven to brown the edges of the potato. Then fill the space between the fish and potato with hot peas, seasoned with salt, black pepper and butter; at the sides set hot asparagus tips, upright, in rings cut from a cooked carrot. Serve fish-Bechamel sauce and Hollandaise sauce in separate sauceboats. Serve at the same time cucumber salad.

PLANKED SHAD, SUPREME

Split a shad weighing about three pounds from which the head and tail have been taken. Wipe

with a damp cloth. Brush over a hardwood plank with olive oil and upon it fasten the fish, skin side down. Let cook in the oven of a gas range about twenty minutes, basting often with a little melted butter. Lacking a gas oven the fish may be broiled over coals. Cook principally on the flesh side. Remove some distance from the coals, after the first three or four minutes. After the fish has cooked twenty minutes, pipe hot mashed potatoes around the edge of the plank, brush over the potato border with the beaten yolk of an egg mixed with two or three tablespoonfuls of milk and set the plank into a hot oven to brown the edges of the potato and finish the cooking. Sprinkle the fish with salt and pepper and dot with tiny bits of butter or spread with a little creamed butter. Set small bunches of cooked asparagus (one for each person to be served) on the fish close to the potato. Down the center of the fish dispose pimentos (one for each) filled with creamed roe. Set a mushroom, cooked Algonquin style, above the roe in each pimento. Serve Hollandaise sauce in a bowl.

CREAMED ROE IN PIMENTOS

Cover the roe with water just below the boiling point; add a teaspoonful of salt, a tablespoonful of vinegar and two slices of onion, and let simmer very gently twenty minutes. Remove from the liquid and cut in tiny cubes. Make a cream sauce, allowing a scant cup of sauce for a heaping cup of

cubes using part cream as the liquid. Season as needed with salt and pepper; add a teaspoonful of lemon juice and the cubes. The mixture should be quite consistent. Trim the edges of the pimentos, that they may be even on the top.

MUSHROOMS, ALGONQUIN STYLE

Take as many fresh mushrooms (*campestris*) as there are people to be served. Remove the stems and peel the caps. (Dry these trimmings and store for future use.) Melt a tablespoonful of butter in a frying pan; in it cook the mushroom caps two or three minutes, principally on the rounding side. Set them gill-side up on an agate plate, put an oyster in each, sprinkle lightly with salt and pepper, and set a bit of butter on each oyster. Set into a hot oven and baste once or twice with melted butter. Let cook until the oysters look plump and the edges curl, then set above the roe in the pimentos. It will usually take a little longer to cook the mushrooms and oysters than to brown the edges of the potato. This dish of mushrooms is often served as an entrée; in this case the mushrooms are set to cook on rounds of toast, the basting is done with butter melted in hot chicken broth, and Bechamel sauce, made of chicken broth and cream, is poured over or around the whole.

PLANKED WHITE FISH

Planked white fish is cooked in the same manner as shad, and both may be served with onions, peas,

cauliflower, asparagus tips, string beans, etc. Radishes cut to resemble fuschias make a pretty garnish for planked fish, but the heat — unless the radishes are well protected underneath by parsley — spoils them for eating.

PLANKED SIRLOIN STEAK, NO. 1

The steak should be cut about an inch and a quarter thick. Remove the flank end. Wipe the steak with a cloth wrung out of cold water. Have ready a hot broiler, well oiled, or rubbed over with a slice of fat pork. Cook the steak over the coals about eight minutes, turning five or six times. Have a plank hot and well oiled; on it set the steak, pipe hot mashed potato around the edge of the plank and dispose four or five small cooked onions between the steak and potato. Brush the edges of the potato and the tops of the onion with the yolk of an egg, beaten with two tablespoonfuls of milk, and set the plank into the oven. Turn the plank, if necessary, that the edges of the potato be evenly browned. This will require some eight minutes in the oven of a coal range and will give time to finish cooking the steak. After removal from the oven fill in the rest of the space with cooked flowerets of cauliflower. Season the steak with salt, pepper and butter. Dispose above the steak as many Swedish timbale cases as people to be served. The cases should first be filled with peas or asparagus tips in cream sauce. Set a slice of cooked carrot above the vegetable in

each case. Serve with a bowl of brown tomato sauce, preferably with mushrooms.

Variations: After the edges of the potato have been browned, the open spaces may be filled with a macedoine of flageolet, string beans, carrots, peas and turnip, all well seasoned. Or these vegetables may be disposed separately, in groups.

To serve, cut out the bone, then cut the meat in strips through the tenderloin and the portion above; a piece of each is included in a service; add to each plate the kinds of vegetables desired. If canned mushrooms are selected for the sauce, reheat in the sauce, but without boiling.

PLANKED SIRLOIN STEAK, NO. 2

Prepare as above and garnish with stuffed tomatoes and cauliflower or asparagus tips, according to the season.

PLANKED CHICKEN

(To serve two or four people)

Select a chicken of about two pounds in weight; cut off the neck on a line with the top of the collar bones. Cut the chicken down the entire length of the backbone, clean and wash inside and out; flatten the breast bone with a cleaver or wooden mallet; unhang the wings and second joints. Let broil, skin side down, over a bed of coals or under the gas flame, about six minutes, then turn and cook about three minutes on the skin side. Baste liberally



PLANKED CHICKEN. — *Page 316.*



PLANKED FISH. — *Page 311.*



PLANKED SIRLOIN STEAK. — *Page 315.*



PIGEONS COOKED EN CASSEROLE, SERVED AROUND CROUTON OF BREAD. — *Page 320.*



MAKING READY FOR PIGEONS EN CASSEROLE. — *Page 320.*



VEAL CUTLETS EN CASSEROLE. — *Page 322.*

with butter and let cook in the oven (or farther from the gas flame) about an hour. Baste occasionally with melted butter.

Have a plank made hot in the oven; set the chicken on the plank, skin side down; fill the space between the chicken and the edge of the plank with hot, boiled rice; about the chicken dispose four flowerets of hot, cooked cauliflower, four corn fritters, four hot, stuffed tomatoes and four slices of bacon, rolled, pinned with a wooden toothpick and fried in deep fat. Serve cream or Hollandaise sauce in a bowl. Often both sauces are prepared. Mashed potato may replace the rice. Recipes for corn fritters and stuffed tomatoes will be found in Chapter IV.

II.—CASSEROLE COOKERY

The principal use of a casserole is in the preparation of articles that require slow cooking for either a short or a long time. Birds, chicken, fowl, game, chops and steak are the viands usually selected for such cookery. The cooked article is usually sent to the table in the casserole. To intensify the natural flavor, the article is often browned in hot fat in a frying pan before being set to cook in the casserole. The casserole is supplied with a cover, which keeps in the flavor and aroma during the cooking. Small onions, potatoes and carrots, cut in fancy shapes, and blanched, fresh mushrooms and wine are added in time to be cooked, when the main article is ready. Usually the mushrooms and other

vegetables are browned in butter, after blanching, but this is not essential. Salt and pepper with flour and water for thickening may be added at this time. Then a strip of cloth, spread with a paste of flour and water, or any dough rolled to a long pencil shape under the fingers, is pressed over the joining of dish and cover, and the heat of the oven finishes the sealing of the dish. When ready to serve the dish, the strip of cloth or dough is removed, but the cover should not be lifted until the dish is set upon the table. As earthen dishes hold the heat, an article cooked in a casserole may always be served "piping hot."

The above is the common and accepted style of cooking, when a casserole is used; at hotels or other public places, when casserole of chicken or pigeons is called for, the dish will be cooked after the above manner, which is in reality a stew. But a casserole may also be used for a modified form of roasting, to which the name *pöeling* is given. See also Chapter II. For *pöeling*, a chicken, fowl, a piece of veal or lamb will be in one compact shape as for roasting, and the viand will not be served from the casserole.

CARE OF CASSEROLE

A good casserole, properly used, improves with use. Before using a new one, set it, on several folds of cloth or paper, into a large saucepan and add cold water to cover the dish completely. Heat the water gradually to the boiling point and keep boiling gently

six or eight hours, then wipe the utensil and set it aside for future use. When ready to use let heat gradually. *Never pour cold liquid into a hot dish.*

USE OF INDIVIDUAL CASSEROLES

Individual casseroles are often used to serve a bird or chop, with the accompanying vegetables. The dish will be much more satisfactory, if all the articles be cooked together in a large casserole. At time of serving have the small casseroles made hot by setting in water gradually heated to the boiling point. Dispose the cooked articles in the dishes, cover, and let stand in the oven a few minutes to become very hot. Serve on plates covered with a folded napkin or a doily. Both the large and the individual casseroles are of value in serving a dinner in courses, as, the heat of the oven being lowered, the article will not deteriorate if left to stand while an appetizer or soup be eaten.

CHICKEN EN CASSEROLE

This dish is at its best when made with chickens weighing about three pounds or a little more. For a choice dish use two chickens, making broth of the bulky pieces in which to cook the rest of the chicken. The day before the dish is to be served, cut the chickens in pieces at the joints. Cover the carefully washed necks, backs and giblets, except the livers, with cold water and let cook till the flesh is tender.

Cool the broth, skim, and it is ready for use. The pieces of chicken can be used in some other dish. Sauté the pieces of raw chicken in a little hot clarified butter, pork or bacon fat, then transfer them to the casserole. Heat the broth to the boiling point, pour it over the contents, cover close, and let cook very gently in the oven till the chicken is nearly tender. Have ready as many small parboiled onions as there are people to serve, also six or eight potato balls, cut with French scoop, a peeled mushroom cap and a young carrot, cut in quarters, for each service. Sauté all these vegetables in the frying pan until well browned. The onions should have been boiled at least an hour, then rinsed and dried, and the carrots and potatoes, boiled five minutes, drained and dried before sautéing. About fifteen minutes before serving the dish, skim off all fat from the broth; add the browned vegetables, salt and pepper as needed, and three or four tablespoonfuls of sherry wine, and return the dish, covered close, to the oven. If a thicker sauce be desired, thicken the broth with flour, before adding it to the dish; skim off the fat at time of serving and a particularly velvety sauce results.

BIRDS, PIGEONS, ETC., EN CASSEROLE

Birds, left whole, pigeons and partridges, cut in halves, beef or venison steak, cut in pieces for serving, and lamb chops are cooked in the same manner as chicken. Green peas are used with pigeons or

chops. The peas, without browning or parboiling, are added about twenty minutes before the time of serving. With venison and chops, Madeira or Port wine is used in place of the sherry. With pigeons, olives, cut from the stones in quarters or cut in one piece spirally from the stones, are much used. Set to cook at the same time as the vegetables.

PARTRIDGE EN CASSEROLE

Truss a young partridge as for roasting; spread with butter and let brown in a hot oven, turning and basting as is necessary to secure an even color over the whole exterior. Meanwhile chop two small (new) carrots, one small onion and two small tender inner stalks of celery; add a tablespoonful of raw ham, cut in julienne strips, and a bit of bay leaf; let cook in two tablespoonfuls of melted butter until softened and yellowed somewhat. Spread part of the mixture over the bottom of a casserole just large enough to take the partridge; set the partridge on the vegetables, and sprinkle the rest of the vegetables above. Put two tablespoonfuls of Maderia into the saucepan and let simmer a minute, shaking the pan to rinse it thoroughly; add a tablespoonful of butter and half a cup of rich broth, and when boiling turn into the dish. Cover and seal down the lid with a strip of paste or a cloth spread with paste. Let cook twenty-five minutes. A young chicken may be cooked the same way.

VEAL CUTLETS EN CASSEROLE

Have slices of veal cut from the leg. Cut about a pound and a half of such veal into pieces suitable for serving individually, remove all unedible portions, and draw into each two short strips (lardoons) of fat salt pork. Or, the pieces of pork may be put into the casserole. Dredge the meat with flour and cook it in a frying pan with a little salt pork or bacon fat, olive oil or butter, until nicely browned, then transfer the meat to a casserole; turn a pint of hot water or white broth into the frying pan to melt the glaze from the pan, then turn the liquid over the meat, cover the dish and let cook in the oven about an hour. In the mean while prepare as many small onions as there are persons to serve, let these boil half an hour or longer, then drain, rinse in cold water and drain again, when they are ready for the casserole. Have ready five or six potato balls for each service, let these be about one inch in diameter; also have tiny carrots, one each, or several slices of larger carrots for each service. These also should be blanched. Peel for each service one or more mushroom caps, and sauté these in a little butter. About twenty minutes before the dish is to be served add the vegetables to the casserole, also broth if needed, salt and pepper, with half a cup of sherry wine or tomato purée, and, if desired, two or three tablespoonfuls of flour mixed to a paste with water. Cover and bind with a strip of cloth as described above.

Then finish the cooking. Two or three tablespoonfuls of mushroom catsup may be added with the vegetables, when fresh mushrooms are not available.

VEAL CHOPS EN CASSEROLE

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|----------------------|---|
| 6 veal chops | $\frac{1}{2}$ cup of tomato purée |
| 6 small onions | $\frac{1}{2}$ cup of corn pulp or kornlet |
| 1 cup of white stock | Salt and pepper |

Prepare in the usual manner, browning both meat and blanched onions. Add the tomato purée and the corn pulp with the broth. The cooking must be done at a very gentle simmer. Score the kernels of corn lengthwise the rows, then with the back of the knife press out the pulp and use as directed above.

CHICKEN GOULASH EN CASSEROLE

| | |
|---|---|
| 1 chicken | 1 cup of broth |
| 4 tablespoonfuls of olive oil or butter | $\frac{1}{2}$ cup of tomato purée or $\frac{1}{2}$ cup of cream |
| 2 carrots (new and small) | $\frac{1}{2}$ teaspoonful of salt |
| 2 small onions | 1 teaspoonful of paprika |
| 3 tablespoonfuls of flour | |

Have the chicken cut as for a fricassée. Brown the pieces in the hot fat, then remove to the casserole. Slice the onions and carrot and brown in the fat in the pan; adding more if needed, remove the vegetables to the casserole, add the flour and seasonings to the pan and stir until the fat is absorbed; add the broth and the purée or cream and stir till boiling; add to the casserole, cover and let cook nearly an hour or until tender. The paprika, which is used in generous measure, is the feature of the dish. Pass at the same time plain boiled rice.

CURRY OF CHICKEN EN CASSEROLE

Cut a chicken in pieces as for stewing. Skin the feet by dipping them in boiling water, when the skin may be pushed off. Cover the feet, neck, pinions (last joint of the wings) and backbone, from which the meat has been taken, with cold water and let simmer an hour or two; add an onion, sliced, a tiny bit of bay leaf, a small carrot and a stalk of celery, both cut in bits, and let simmer half an hour longer. Strain off the broth. Grate a cup of cocoanut, pour over it a cup and a fourth of boiling water and let stand in a warm place while the curry is being prepared. Half a cup of blanched almonds, pounded smooth and soaked in a cup of hot milk, may take the place of the cocoanut. In a frying pan melt one-fourth a cup of butter; add to it half a clove of garlic, chopped very fine, and one or two white onions, cut in thin slices; stir and cook until the vegetables are a yellow brown shade; add two tablespoonfuls of curry powder and two tablespoonfuls of flour, stir until well blended, then add about a pint of broth (that made from the trimmings) and stir until boiling, then turn it into the casserole. Put an ounce of butter in the frying pan (the pan must first be washed with care); dip the pieces of chicken in boiling water, then roll them in flour and set to cook in the frying pan; when lightly browned on one side turn the chicken to brown the other side, then transfer to the casserole. Add broth or boiling

water, if needed, to cover the chicken. Cover the casserole and let cook in the oven at a gentle simmer an hour or two according to the tenderness of the chicken. When nearly tender add a bit of bay leaf, the "cocoanut milk" (the prepared cocoanut or almonds pressed in a napkin); let boil two or three minutes, then add one-fourth a cup of currant jelly, one or two tablespoonfuls of lemon juice, a teaspoonful of green ginger root, grated, and salt to season. Serve in the casserole. Veal cutlets may be prepared in the same manner.

RABBIT OR HARE EN CASSEROLE

Cut the hare, neatly wiped and dried, into pieces, at the joints. Cook these, rolled in flour, in about one-third a cup of butter until nicely browned. Pour over them three cups of well-flavored-and-seasoned brown stock, and stir until the broth boils, to remove any glaze in the pan. Then turn the whole into an earthenware jar or casserole. Put in also an onion, into which six cloves have been pushed, the thin yellow rind of a lemon, and one glass of port wine, also salt and pepper, if needed. Cover close, and set the jar in a moderately heated oven. Let the contents simmer from three to four hours. In the mean time chop the liver fine. Mix it with half a cup of fine, soft bread crumbs, two tablespoonfuls of melted butter, a teaspoonful of fine-chopped parsley, a grating of lemon rind and a teaspoonful of juice, a teaspoonful of powdered sweet herbs, and

a little salt and pepper. Then stir the whole into an egg, well beaten. Shape the mixture into small balls. Fry these in butter, and add to the dish just before serving. Serve currant jelly in a dish apart.

CHICKEN EN CASSEROLE, SPANISH STYLE

Separate a fowl into pieces at the joints. Chop fine an onion and about an ounce of ham. Melt one-fourth a cup of butter in a frying pan. In this brown the pieces of fowl, removing them as cooked to the casserole. Then brown the onion and ham in the pan, and add these to the casserole with one quart of hot, white broth or boiling water, one pint of hot, stewed tomatoes, three-fourths a cup of rice, boiled five minutes, drained, rinsed in cold water, and drained again, a teaspoonful of salt, and one green pepper pod, freed from seeds and sliced. Cover the dish close, and let simmer in the oven or on top of the range an hour and a half or longer, according to age.

CHILLI CON CARNE EN CASSEROLE

| | |
|---|---|
| 2 pods of fresh or dried chilli peppers | 4 tablespoonfuls of flour |
| | 1 clove of garlic |
| 2 pounds of round steak | Hot water as needed |
| $\frac{1}{4}$ cup (about) of fat (pork, butter or dripping) | 1 teaspoonful of salt 1 cup of dried beans |

Soak the beans over night, drain and let simmer in fresh water until tender. Discard the seeds in the peppers; if dried peppers are used, soak them in warm water until soft; scrape the pulp into the water and discard the skin. Retain the pulp and water.

Cut the steak in small pieces and cook them in the fat melted in a frying pan until well browned; add the flour to the fat left in the pan, and stir until browned; add the chilli paste and water, and stir until boiling, then the garlic (first cutting two gashes in it) and the meat; cover and let simmer until the meat is tender (about two hours) adding hot water as needed. When the meat is tender the sauce should be of a good consistency. Add the salt. The beans meanwhile should have become tender and the water evaporated to a few spoonfuls. Season with salt, pepper and a little butter, shake in the saucepan over the fire, to mix thoroughly, and add to the meat in the casserole. Or melt three tablespoonfuls of butter in the frying pan; add the beans, drained from liquid, and a little salt, and stir until the butter is absorbed and the beans are browned. Then serve in a dish apart from the meat.

SHOULDER OF LAMB EN CASSEROLE

Cut three pounds of lamb, either the shoulder or the "scrag" end, in pieces suitable for serving, trimming them, meanwhile of superfluous fat or bone. Melt salt pork or bacon fat in a frying pan; dip the pieces of meat in boiling water, roll in flour and sauté in the hot fat, on all sides, to a brown color. Remove to a casserole, and add about three cups of boiling water and half a cup of red wine or tomato purée. Cover and let cook in the oven or on top of the range at a gentle simmer for an hour. Add two

small carrots, pared or scraped and cut in quarters lengthwise, two small turnips, pared and cut in quarters or sliced, eight button onions, peeled, blanched, and fried in butter and salt, to season the whole. Again cover the dish, and let simmer until the meat is tender and the vegetables are cooked. There should not be a superfluity of liquid, when the meat and vegetables are cooked.

Any variety of chops may be prepared by this recipe.

TURBANS OF HALIBUT EN CASSEROLE

Purchase two slices of halibut, half an inch or less thick, cut from below the opening in the body of the fish; remove the skin and bone to secure eight fillets of the same size. Roll the fillets, separately, beginning with the broad end. Set these close together in a casserole, in which two tablespoonfuls of butter has been melted. Cover the bones and trimmings of the fish with cold water; add half an onion, a piece of carrot, a branch of sweet basil and two branches of parsley and let simmer half an hour, or until ready to cook the fish. In the meantime cook an onion for each service, rinse in cold water and drain. The onions must be about cooked when it is time to cook the fish. Also blanch six or eight potato balls for each service. About twenty minutes before the time of serving, add the onions and potatoes to the fish in the casserole, strain over the broth, of which there should be about one cup; add one-fourth a

cup of white wine, one tablespoonful of lemon juice, a tablespoonful of chopped parsley, half a teaspoonful of pepper and a generous teaspoonful of salt, and if desired a sautéed mushroom cap for each service. Cover close and let cook fifteen or twenty minutes.

OYSTER PILAU EN CASSEROLE

| | |
|--|------------------------------|
| 1 green pepper | 4 tomatoes peeled and seeded |
| 1 peeled onion | $\frac{1}{2}$ "soup bag" |
| $\frac{1}{3}$ cup of butter | 1 teaspoonful of salt |
| $\frac{3}{4}$ cup of rice | 1 pint to 1 quart of oysters |
| 2 $\frac{1}{2}$ cups of stock (or water) | |

Plunge the pepper in boiling water and with a towel rub off the thin outer skin; chop the pepper and onion fine, then cook in the butter until yellowed a little. Blanch the rice; put it into a casserole with the onion, pepper, stock, tomatoes, soup bag and salt, and stir occasionally until the rice is nearly tender. The cooking should be done in a very moderate oven. Pick over and wash the oysters, then stir into the rice in the casserole and let cook about fifteen minutes, or until the edges of the bivalves curl. Half a dozen slices of bacon, cut in cubes, may be used in place of the butter; more salt may be needed.

ONIONS, STUFFED WITH VEAL, EN CASSEROLE

Bermuda onions are particularly good for this dish. Peel the onions, cover with boiling water and

let cook half an hour; drain, rinse in cold water and drain again. Remove the centers from the onions, to leave regular shaped cases. For six onions chop one slice of bacon and one pound of veal steak, freed from skin and unedible portions. Add half a teaspoonful of sweet basil or thyme, the yolk of an egg, two tablespoonfuls of soft, fine bread crumbs, half a teaspoonful of salt, half a teaspoonful of paprika and two tablespoonfuls of cream or milk; mix all together thoroughly and use to fill the open spaces in the onions. Set the onions in an earthen casserole, turn in half a cup of broth or boiling water with beef extract and let cook about an hour and a half in a moderate oven. Baste three or four times with the liquid in the casserole, adding more if needed. At the last add a tablespoonful of flour, mixed with water to pour, and let cook fifteen minutes longer; stir in two tablespoonfuls of butter and a little kitchen bouquet and serve from the casserole. For variety omit the bacon and use sausage in place of the veal. The egg may be omitted.

ONIONS EN CASSEROLE

Take as many small Bermuda or other mild onions as are needed nearly to fill the casserole. Peel and blanch the onions. With a sharp knife gash each across the top to the depth of half an inch (to insure cooking through). Sprinkle the onions with salt and one or two green or red peppers cut julienne fashion. Add boiling water or white broth,

cover and let cook in a very moderate oven between two and three hours. Serve from the dish.

STUFFED BREAST OF VEAL, PÖELED EN CAS-SEROLE

Have the bones removed from a breast of veal. A piece of veal weighing about four pounds is enough for an ordinary-sized family. Slit the veal in the thickest part to make a pocket. A plain bread stuffing or one made of sausage meat may be used. Spread the stuffing in the pocket evenly, roll and sew up the meat, but remove the thread before sending the dish to the table. Slice an onion and part of a carrot into an earthen dish; put in two branches of parsley and some bits of salt pork, lay in the meat, sprinkle over it some more onion, carrot and pork, cover and let cook very gently three hours, basting often with hot fat. The heat of the oven should be uniform throughout the whole time, but very moderate. When the veal is done, remove it to a serving dish; pour in a cup or more of veal broth and let simmer ten minutes, then strain and press all the juice from the vegetables; skim off the fat and use the liquid with wine or tomato purée in making a sauce.

The casserole should be of size to hold the meat and leave but little space around it. Turn the meat two or three times during the cooking. Skewers put in with the vegetables will keep the meat from frying in the fat. Tape tied around the meat—in place

of sewing — will hold it in shape. Slow cooking is essential to success.

CHICKENS, BIRDS, FOWL, GUINEA HENS PÖELED EN CASSEROLE

Fowl, etc., may be stuffed or not as is desired; the recipe given above will serve for all articles cooked in this manner.

BREAD STUFFING

Mix two cups of fine, soft bread crumbs, a cup of fine-chopped fat, salt pork or beef suet or three-fourths a cup of melted butter or mild-cured bacon fat, half a teaspoonful, each, of salt and pepper, one tablespoonful of chopped parsley, the grated rind of half a lemon, one teaspoonful of powdered sweet herbs and a grating of nutmeg.

SAUSAGE STUFFING

For this stuffing one pound of sausage or one pound of fresh pork, part lean and part fat, chopped very fine, may be used; the latter will need more seasoning than the former, which is often over seasoned. A few chopped mushrooms (stems and peelings, fresh or dried, answer for this purpose) are an improvement; add, also, a tablespoonful of chopped parsley, a tablespoonful of scraped onion pulp or a tablespoonful of chopped chives, one egg well beaten and salt and pepper as needed.

A FEW MENUS

LUNCHEONS

FEBRUARY

RED COLOR SCHEME

Halves of Grapefruit with cherries
 Chicken-and-Tomato Bouillon
 Celery, Salted Nuts, Olives
 Julienne of Halibut, Fried
 Jellied Relish for Fish with Pimentos
 Lobster Newburg in Ramekins
 Baking Powder Biscuits.
 Chicken en Casserole (new carrots)
 Celery-and-Nut Salad
 Blood Orange Bombe Glacé
 Potato Flour Sponge Cake
 Coffee

MARCH

I

Halves of Grapefruit
 Tomato Bouillon
 Baked Turhans of Halibut
 Potatoes Maitre d'Hôtel
 Egg Croquettes in Spinach Nest
 Sauce Tartare
 Lamb Noisettes, Berry Style
 Lettuce Salad, Sprinkled with Chopped
 Mint
 Hot Baba, Wine Sauce
 Coffee

II

Bonnes Bouches de Caviare
 Kornlet Soup, St. Germain
 Creamed Fish in Shells, Potato Border
 Tartlets of Peas with Truffle
 Medallions of Beef Tenderloin, Bear-
 naise Sauce
 Hothouse Tomatoes, Lettuce, French
 Dressing
 Edam Cheese—Toasted Crackers
 Pineapple Dainty
 Coffee

III

Pineapple-and-Grapefruit Cocktail
 Clam Bouillon
 Creamed Oysters in Cream Puff Cases
 Ham Mousseline, Pea Purée
 Tomato Sauce
 Meringues with Whipped Cream
 Coffee

IV

Fresh Mushroom Cocktail
 Chicken Bouillon
 Radishes, Salted Nuts
 Fried Smelts, Sauce Tartare
 Stuffed Lamb Chops, Suédoise
 Green Peas
 Lettuce with Tomato Cream Glacé
 Coupe Thais
 Coffee

V

Oyster Soup
 Celery, Olives, Gherkins
 Creamed Fish in Potato Cassolettes
 Sweetbreads, Braised, with Macaroni
 Yolks of Eggs Molded in Aspic
 Lettuce, French Dressing
 Orange Sherbet
 Macaroons
 Coffee

APRIL OR MAY

SIMPLE YELLOW - AND - WHITE LUNCHEON

Pineapple-and-Orange Cocktail
 Consommé, with Poached Yolks of Egg
 (one in each plate)
 Breadsticks, tied with yellow ribbon
 Scalloped Fish au Gratin, Lemon
 Quarters
 (individual dishes)
 Cucumber Salad, sprinkled with
 Chopped Chives
 Parker House Rolls
 Glazed Sweetbreads, with
 Peas and Cubes of New Carrots
 Toasted Cassava Cakes
 Fried Cheese Balls
 Lettuce, French Dressing
 Orange Sherbet, Whipped Cream
 Decoration

I

Halves of Grapefruit
 Lobster Cutlets, Sauce Tartare
 Egg Timbales, Bread Sauce
 Grilled Beef Tenderloin, Saratoga
 Potatoes, Asparagus, Maltese Sauce
 Lemon Sherbet
 Macaroons
 Coffee

II

Strawberries
 Chicken-and-Clam Broth with Cream
 Brook Trout, Fried
 Cucumber Salad
 Broiled Squabs on Toast
 Sweet Potatoes, Grilled
 Coupe Venus
 Coffee

III

Pineapple Cocktail
 Oyster Soup
 Chicken Croquettes, Peas
 Cream Cheese-and-Pimento Salad
 Sponge Cake
 Cocoa with Whipped Cream

IV

Grapefruit-and-Pineapple Cocktail
 Cream of Spinach Soup
 Fillets of Halibut, American Style
 Lamb Chops, Maintenon Style
 Peas and Carrots
 Cream Cheese-and-Pimento Salad
 Clover Leaf Biscuit
 Sponge Cake
 Cocoa with Whipped Cream

V (LENTEN)

Grapefruit with Bar-le-duc Preserves
 Cream of Oyster Soup, Olives, Radishes
 Bermuda Onions stuffed with Nuts
 Cheese Timbales
 Lettuce, French Dressing
 Salad Rolls (yeast)
 Frozen Apricots
 Macaroons
 Coffee

VI

Grapefruit-and-Canned Cherry
 Cocktail
 Oyster Croquettes, Cucumbers, French
 Dressing
 Yeast Rolls
 Tartlets with Peas
 Lamb Chops, Broiled, French Fried
 Potatoes
 Asparagus, Maltese Sauce
 Simple Charlotte Russe
 Coffee

VII

Halves of Grapefruit
 Consommé with Poached Eggs
 Radishes, Salted Nuts
 Brook Trout au Bleu
 Fried Sweetbreads with Peas
 Salad Rolls
 Squabs, Braised
 Prune-and-Pecan Nut Salad
 Pineapple Sherbet
 Cheese, Toasted Crackers
 Coffee

VIII

Tomato Soup
 Fresh Mushrooms, Newburg
 Baking Powder Biscuit
 Fillets of Fish en Cocotte
 Glazed Sweetbreads, Asparagus Tips
 Ham molded in Aspic Jelly
 Lettuce-and-Radish Salad
 Sponge Cake
 Cocoa, Whipped Cream

IX

Orange-and-Strawberry Cocktail
 Cream-of-Corn Soup, St. Germain
 Truffled Crabflake Timbales, Fish
 Bechamel Sauce
 Cucumber-and-Radish Salad
 Lamb Chops, Maintenon Style
 Asparagus, Hollandaise Sauce
 Lettuce, Tomato-and-Cream Cheese
 Salad
 Toasted Crackers
 Lemon Fanchonettes or Peach Tarts
 Coffee

JUNE

I

Grapefruit and Pineapple in Cocktail
 Cups
 Bouillon
 Salmon Croquettes, Asparagus, Peas
 Cucumbers, French Dressing
 Braised Sweetbreads with Macaroni
 Yeast Rolls
 Philadelphia Cream Cheese with Bar-
 le-Duc Currants
 Toasted Water Crackers
 Strawberry Ice Cream, Panaché
 Black Coffee

II (FOR BRIDESMAIDS)

Strawberries, French Fashion
 Chicken Soup with Whipped Egg-
 Whites
 Creamed Shrimps in Timbale Cases
 Cutlets of Lamb, Laura
 Asparagus in Beet Rings on Lettuce
 Hearts, French Dressing
 Graham Bread Sandwiches
 Orange Sherbet with Pineapple Parfait
 Cake (with Ring, Coin, etc.)
 Green and White Mints
 Black Coffee

III

Orange and Pineapple in Glasses
 Cream of Asparagus Soup
 Baked Fillets of Fish, Bread Dressing,
 Egg, Sauce, Olives
 Spinach Soufflé
 Pulled Bread, Cheese, Lettuce, French
 Dressing
 Strawberry Sherbet in Tall Glasses,
 Whipped Cream Above
 Coffee

IV

Salpicón of Fruit in Cups
 Fried Fillets of Fish, Sauce Tartare
 Lady Finger Rolls
 Cucumbers, French Dressing
 Egg Timbales, Bread Sauce
 Lettuce, Asparagus Tips, French
 Dressing
 Strawberry Ice Cream
 Angel Cake
 Coffee

V

Strawberries in Timbale Cases
 Soft Shell Crabs, Fried, Sauce Tartare
 Chicken à la King (in Ramekins)
 Egg-and-Asparagus Salad, Mayonnaise
 Dressing
 Strawberry Sherbet in Tall Glasses,
 Whipped Cream Decoration
 Orange Cake
 Coffee

COLORS: PINK AND GREEN. FLOWERS:
 SWEET PEAS WITH MAIDENHAIR FERNS

I

Choice Strawberries with Hulls Retained
 Cream-of-Green Pea Soup, Bread Sticks
 Radishes. Olives
 Halibut Timbales (forcemeat), Shrimp Sauce
 Light Colored Beets, Stuffed with Chopped Cucumbers and Sprinkled with Chopped Chives, French Dressing
 (Served in Hearts of Lettuce)
 Chicken en Casserole
 Asparagus, Hollandaise Sauce
 Plain Rice Croquettes
 Pineapple Sauce Tinted Pink
 Sultana Roll, Crushed Strawberry Sauce
 Candied Mint Leaves. Pink Mints
 Coffee

II

Crushed Pineapple in Glass Cups
 Sprinkled with Fine-Chopped Pistachio Nuts and Maraschino Cherries
 Consommé with Flageolet
 Creamed Shrimps in Swedish Timbale Cases
 (Edge of cases dipped in white of egg, then in fine-chopped parsley)
 Cucumber-and-Radish Salad.
 (Slice cucumbers and radishes. Do not remove pink skin from radishes)
 Lamb Chops, Maitencon
 Mint Jelly. Green Peas

Cream Cheese Balls Rolled in Fine-Chopped Parsley
 Bar-le-duc. Crackers
 Coffee

WITHOUT MEAT

I

Unhulled Strawberries, Powdered Sugar
 Cream-of-Spinach Soup
 Mushrooms, Algonquin Style
 Plain Rice Croquettes, Cheese Sauce
 Lettuce-and-Tomato Salad,
 French Dressing
 Strawberry Ice Cream
 Angel Cake
 Coffee

II

Strawberry Cocktail
 Clam Broth
 Egg Timbales, Bread Sauce
 Salad Rolls
 Halibut Cutlets, Paprika Sauce
 Lettuce-and-Asparagus Cream Glacé,
 French Dressing
 Pineapple Sherbet
 Macaroons
 Coffee

III

Unbulled Strawberries, Powdered Sugar
 Cream-of-Asparagus Soup, Croutons
 Olives. Salted Nuts
 Lobster Croquettes, Sauce Tartare
 Tiny Baking Powder Biscuit
 Lettuce-and-Egg Salad
 Individual Strawberry Tarts
 Coffee

IV

Tomato Bouillon
 Deviled Crab Meat in Shells
 Olives. Gherkins
 Asparagus Timbales, Cream Sauce
 Red Raspberry Shortcake, Whipped Cream
 Coffee

JULY

I

Black and Red Raspberries on Grape Leaves, Powdered Sugar
 Tomato-and-Veal Soup, Whipped Cream
 Bread Sticks
 Deviled Crabs in Shells
 Cucumber Salad
 Broiled Sweetbreads
 Green Peas
 Marshmallow Cake
 Cocoa Frappé, Whipped Cream

II

Cherries on Stems laid on Cherry Leaves
 Fresh Fish Quenelles, Fish Bechamel Sauce
 Green Peas
 Fried Chicken. Kornlet Fritters
 Currant Jelly
 Endive, French Dressing
 Raspberry Ice Cream
 Almond Wafers
 Coffee

SEPTEMBER

Grapes, Assorted Colors on Grape Leaves
 Clam Broth with Cream or
 Cream of Corn Soup
 Creole Patties
 Fish Mousseline, Truffled, Hollandaise Sauce
 Cucumbers, French Dressing
 Green Peppers, Stuffed, D'Uxelles
 Toasted Crackers
 Cheese
 Coffee

OCTOBER

I

Cream of Oyster Soup
 Chicken Croquettes
 Scalloped Egg Plant
 Hot Boiled Tongue with Cherries
 Orange Salad
 Coffee Parfait in Glasses
 Marrons Glacé
 Coffee

II

Watermelon Cocktail
 Cream-of-Clam-and-Green Pea Soup
 Lobster Patties
 Slices of Hot Roasted Chicken Breast
 Potato or Rice Croquettes
 Sweet Pickled Peaches
 Paté-de-Foie-Gras in Aspic Jelly
 Romaine, French Dressing
 Ginger Bavarian Cream
 Coffee

III

Clam Broth
 Fillets of Fish Dugléré
 Breaded Mutton Cutlets, Cuban Style
 French Fried Potatoes
 Cauliflower au Gratin
 Romaine, French Dressing
 Apricot Bavarian Cream
 Marguerites. Coffee

Watermelon Cones
 Escaloped Oysters, City Style
 Olives. Celery

Terrine of Chicken and Ham, Sliced Thin
 Mayonnaise of Tomatoes and Lettuce
 Zabione. Little Cakes. Coffee

V

Chicken Soup with Meringue
 Truffled Fish Mousseline, Hollandaise Sauce
 Breaded Lamb Chops, Fried, Tomato Sauce
 Mashed Potatoes, Vienna Style
 Oyster Salad. Salad Rolls
 Grape Juice Bombe Glacé
 Lemon Queens. Coffee

VI

Cream-of-Cauliflower Soup
 Olives. Bread Sticks
 Fillets of Sea Trout, Baked
 Cucumber Salad (French Dressing with Onion Juice)
 Fried Chicken, Maryland Style
 Corn-and-Oyster Fritters
 Sweet Pickled Peaches
 Vanilla Ice Cream in halves of small Muskmelons
 Turkish Mint Paste. Salted Pecan Nuts
 Coffee

DECEMBER

Sardine Éclairs
 Bouillon
 Oyster Croquettes, Sauce Tartare
 Chicken Timbales, Bechamel Sauce
 Beef Tournedos, Bordelaise
 Lettuce, Celery-and-White Grapes salad
 Custard Soufflé, Sabayon Sauce
 Coffee

DINNERS

MARCH OR APRIL

I

Lobster Cocktail
 Consommé with Flageolet and Carrot
 Straws
 Radishes. Olives. Salted Pecan Nuts
 Fried Smelts, Sauce Tartare
 Mushrooms and Sweetbreads under
 Glass Bells
 Roast Fillet of Beef, Horseradish Sauce
 Potatoes Anna, Individual Style
 Creamed Salsify in Shells
 Grape Juice Punch
 Broiled Squabs
 Lettuce-and-Asparagus Tip Salad
 Cup St. Jacques
 Macaroons
 Coffee

II

Anchovy Éclairs
 Clear Green Turtle Soup (Canned or
 Fresh)
 Fillets of Fish, Baked with Tomato
 Sauce
 Glazed Potato Nests with Peas
 Cucumber-and-Radish Salad
 Sweetbread Croquettes, Asparagus Tips
 Boned Loin of Lamb, Roasted, Mint
 Sauce
 Macaroni, Baked with Cheese and
 Cream
 Pineapple Fritters, Claret Sauce
 Chicken Salad, Spring Style
 Grape Juice Bombe Glacé
 Angel Cake
 Coffee

III

Half Eggs Stuffed with Caviare on
 Croutons
 Oyster Broth with Cream
 Halibut Cutlets, Sauce Tartare
 Boned Loin of Lamb, Roasted
 Baked Bananas, Claret Sauce
 Salsify au Gratin in Individual Rame-
 kins
 Lettuce-and-Grapefruit Salad, French
 Dressing

Browned Crackers
 Coffee Parfait, Black Coffee

IV (LENTEN)

Anchovy-and-Egg Canapés
 Cream of Oyster Soup, Crackers,
 Pim-o-las
 Planked Baltimore Shad, Roe Sauce
 Duchess Potatoes
 Cucumbers, French Dressing
 Orange Sherbet
 Sponge Cake Black Coffee

V

Clams on Half-shell, with Cocktail
 Sauce in Cup
 Cubes of molded Consommé on Lettuce
 Leaves
 Fried Brook Trout or Salmon Cro-
 quettes, Sauce Tartare or Cucumbers
 Braised Sweetbreads with Mushrooms
 and Cream
 Roast Lamb, New Currant Jelly
 Mint Punch
 Browned Potatoes
 Artichoke Bottoms Filled with
 Asparagus Tips, Hollandaise Sauce
 Hot Boiled Tongue, Orange Salad
 Cup St. Jacques
 Cheese Balls
 Svea Wafers, Toasted
 Radishes
 Black Coffee

VI

Fresh Mushroom Cocktail, Tiny Sand-
 wiches
 Chicken-and-Tomato Bouillon
 Fried Oysters, Cabbage Tartare
 Vol-au-vent of Chicken Quenelles
 Saddle of Lamb Roasted, Mint Sauce
 Potatoes Scalloped with Green Peppers
 Black Currant Jelly
 Ham in Aspic Jelly
 French Endive, French
 Coupe Thais
 Little Cakes
 Coffee

VII

Crabflake Cocktail
 Jellied Chicken Broth en Tasse
 Radishes. Olives
 Truffled Halibut Mousseline, Fish
 Bechamel Sauce
 Hothouse Cucumbers, French Dress-
 ing with Chopped Chives
 Sweetbreads, Alice
 Boned Loin of Lamb, Roasted, Mint
 Jelly
 Potato Croquettes
 Asparagus Cream Glacé, French
 Dressing
 Maltese Sherbet
 Bonbons
 Coffee

EASTER DINNERS

I

Ramekin Cases, Casanova Style
 Consommé en Tasse
 Svea Wafers with Cheese
 Shad-Roe Croquettes, Sauce Tartare
 Cucumbers
 Salad Rolls
 Crown Roast of Lamb
 Saratoga Potatoes
 Asparagus, Hollandaise Sauce
 Pineapple Fritters, Maraschino Sauce
 Cress Salad
 Golden Parfait, Nests of Meringue with
 Easter Eggs
 Pignolia Nuts
 Crystallized Ginger Root
 Coffee

II

Fruit Cocktail
 Consommé, Infanta Style
 Cassava Bread
 Fried Brook Trout
 Cucumbers
 Sweetbreads, Sautéed, Sauce Béarnaise
 Tomatée
 Saddle of Mutton, Delmonico Potatoes
 French Turnips Filled with Asparagus
 Tips
 Pâté-de-foie-gras in Aspic Jelly
 Lettuce, French Dressing
 Strawberry Bombe Glacé, or Sultana
 Roll, Strawberry Sauce
 Angel Cake
 Bonbons
 Salted Cashew Nuts
 Coffee

III

Onion Soup, Gratinated Crusts
 Stuffed Eggs Fried, Figaro Sauce
 Sweetbread and Chicken in Ramekins
 Guinea Hens, Roasted, Guava Jelly
 New Potatoes, Cream Sauce

Tartlets of Peas with Slices of Truffle
 Grapefruit Punch
 Broiled Squabs
 Romaine Salad
 Sultana Roll, Claret Sauce
 Waldorf Triangles
 Green and White Mints
 Black Coffee

MAY OR JUNE

I

Fresh Mushroom Cocktail
 Consommé with Noodles
 Shad-Roe Croquettes, Sauce Tartare
 Cucumbers with Chives, French
 Dressing
 Braised Sweetbreads in Macaroni Nests
 Larded Fillet of Beef, Roasted
 Scalloped Potatoes
 Asparagus, Hollandaise Sauce
 Orange Sherbet
 Lady Fingers
 Coffee

II

Strawberries
 Consommé with Asparagus Tips
 Salmon Mousseline, Egg Sauce
 Cucumber Salad
 Fresh Mushrooms, Algonquin Style
 Squabs, Roasted
 Cress-and-Orange Salad
 Fig Parfait
 Potato-Flour Sponge Cake
 Coffee

III

Caviare Medallions
 Consommé Julienne
 Salmon Cutlets
 Boiled Potato Balls with Parsley
 Cucumber Salad
 Guinea Hen, Poêled
 Rice Croquettes with Jelly
 Cold Asparagus, French Dressing
 Pineapple Sherbet
 Macaroons
 Coffee

IV

Anchovy, Egg-and-Pimola Canapés
 Consommé with Tomato Timbale
 Mayonnaise of Salmon, Peas and
 Lettuce
 Salad Rolls
 Breaded Sweetbreads, Fried
 Asparagus Peas
 Guinea Hen, Roasted, Guava Jelly
 Baltimore Somp in Cream and Parsley
 Endive Salad
 Strawberry Ice Cream, Panaché
 Black Coffee

V

Consommé à la Royal
 Bluefish Baked Italian Style
 Asparagus, Maltese Sauce
 Franchini Patties
 Lamb Chops, Suédoise
 Lettuce, French Dressing
 Pineapple Bavaroise, Pompadour Style
 Coffee

OCTOBER

I

Pear-and-Ginger Cocktail
 Game Consommé Royal
 Salted Nuts. Olives. Celery
 Fillets of Bass, Baked with White Wine
 Cucumbers, French Dressing
 Fresh Mushrooms and Oysters on Toast
 (Under Glass Bells)
 Boned Leg of Lamb, Green Stuffing
 Sweet Pickle Jelly
 Cauliflower au Gratin in Shells
 Candied Sweet Potatoes
 Crème de Menthe Punch
 Roasted Wild Duck
 Celery-and-Orange Salad
 Chestnut Bavarian Cream
 Wine Jelly and Whipped Cream
 Coffee

II

Oyster Cocktail
 Delicate Celery Soup
 Olives. Salted Pecan Nuts
 Lobster Cardinal
 Beef Tenderloin, Mushroom Sauce
 Eggplant Fritters
 Partridge Pie
 Lettuce-and-Tomato Salad
 Caramel Parfait
 Little Cakes
 Coffee

III

Pineapple-and-Peach Cocktail with
 Marrons
 Cream-of-Lettuce Soup, Egg Balls
 Deviled Crabs
 Salad Rolls
 Roast Partridge or Guinea Hen
 Creamed Cabbage
 Rice Croquettes
 Guava Jelly
 Slices of Hot Baked Ham
 Currant Jelly or Cider Sauce
 Lettuce-and-Tomato Salad
 Pineapple Bavarian Cream
 Almond Wafers

IV

Tomato-and-Chicken Bouillon
 Celery. Olives. Beaten Biscuit
 Fried Fillets of Black Bass or Sea Trout
 (marinated), Sauce Tartare

Lady Finger Rolls

Ramekins-of-Oyster, Newburg
 Guinea Hens, Roasted
 Endive-and-Orange Salad
 Sweet Potatoes, Southern Style
 Cauliflower, Hollandaise Sauce
 Fruit Cup
 Swedish Sponge Cake
 Turkish Paste (Raspberry and Mint
 flavors)
 Coffee

V

Tiny Sardine Éclairs
 Consommé with Egg Balls
 Oysters Scalloped in Shells
 Philadelphia Relish in Lemon Cups
 Beaten Biscuit
 Sweetbread-and-Chicken Patties
 (Brown Sauce)
 Boned Loin of Lamb, Roasted, Mint
 Sauce
 Mashed Potatoes, Vienna Fashion
 Scalloped Eggplant
 Pineapple Fritters, Claret Sauce
 Wild Duck, Roasted
 Romaine or Celery Salad
 Nesselrode Parfait
 Lady Fingers
 Coffee

DECEMBER OR JANUARY

I

Eggs Muscovite
 Consommé à la Royal
 Celery. Olives. Salted Nuts
 Lobster Cutlets, Figaro Sauce
 Fillets of Chicken, Farced, Chestnut
 Purée
 Oyster Patties
 Larded Beef Tenderloin, Brown Mush-
 room Sauce
 Potato Balls, Fried
 Brussels Sprouts, Half-Glaze Sauce
 Hot Baked Ham, Brown Currant Jelly
 Sauce
 Orange-and-Lettuce Salad
 Golden Parfait with French Fruit
 Coffee

II

Oysters, Manhattan Style
 Consommé with Macaroni Rings
 Baked Fillets of Fish, Mousseline
 Creamed Shrimps in Timbale Cases
 Roast Turkey, Giblet Sauce
 Sweet Pickle Jelly
 Brussels Sprouts, Fried in Batter
 Mashed Potatoes
 Wild Duck Timbales, Salmis Sauce
 Celery-and-White Grape Salad
 Orange Bombe Glacé
 Coffee

CHRISTMAS DINNERS

I

Hot Canapés of Mushroom Caps and Oysters
 Game Broth with Rice
 Fried Scallops in Bread Box, Sauce Tartare
 Chicken Timbales, Sauce Supreme
 Roast Goose, Canned Gooseberry Sauce
 Potatoes Scalloped with Onion Juice, Parsley, etc.
 Candied Sweet Potatoes
 Artichoke Bottoms with Spinach Quenelles, Hollandaise Sauce
 Roast Loin of Venison, Baked Bananas, Currant Jelly Sauce
 Romaine Salad
 Nesselrode Pudding. Mince Pie
 Nuts. Grapes. Bonbons. Coffee

II

Small Shrimp Patties
 Consommé with Chicken Quenelles
 Fried Smelts, Log Cabin Fashion, Sauce Tartare
 Fillets of Lamb on Artichoke Bottoms
 Young Goose Roasted without Stuffing
 Apple-and-Barberry Jelly
 Mashed Potatoes, Vienna Style
 Brussels Sprouts in Cream
 Boiled Ham and Chicken Molded in Aspic Cutlets
 Cress, French Dressing
 Mince Pie
 Chestnut Bombe Glacé
 Tangerine Oranges
 Lady Apples. Bonbons
 Coffee

BREAKFASTS

MARCH OR APRIL

Bouillon
 Olives. Celery. Salted Nuts
 Fresh Fish Croquettes, Sauce Tartare
 Hothouse Cucumbers
 Oyster Patties, Brown Sauce
 Lamb Chops Suédoise
 Asparagus, Hollandaise Sauce
 Individual Charlotte Russe
 Coffee

MAY OR JUNE

I

Consommé in Cups
 Oysters Scalloped in Shells or Ramekins
 Philadelphia Relish in Lemon Skins,
 or Olives
 Rolls
 Incubator Chickens, Broiled
 Asparagus on Toast
 Lettuce, French Dressing
 Strawberry Sherbet in Cups, Whipped
 Cream Decoration
 Cake. Coffee

II

Strawberries, French Fashion
 Lobster Newburg in Casseroles
 Cucumbers, French Dressing
 Breaded Sweetbreads, Asparagus Tips
 Broiled Jumbo Squabs or Spring
 Chickens
 Mayonnaise of Tomatoes
 Pineapple (Tinted Green) Bombe Glacé
 Assorted Cakes. Coffee

III

Strawberries Dipped in Fondant
 Clam Broth (Fresh or Canned)
 Baked Blue Fish, Hollandaise Sauce
 Buttered Asparagus Tips on Swedish
 Rosettes
 Tenderloin Cutlets, Fillipini
 Saratoga Potatoes
 Individual Pineapple Omelet
 Coffee

JULY

Melons
 Iced Bouillon
 Salmon Croquettes in Potato Nests
 Peas
 Cucumbers, French Dressing
 Larded Sweetbreads, Baked and Glazed,
 Spanish Sauce
 Tiny String Beans, Buttered
 Small English Muffins, Toasted
 Philadelphia Cream
 Cheese
 Strawberry Bar-le-Duc
 Coffee

AUGUST OR SEPTEMBER

I

Creamed Chicken in Puff Cases
 Celery and Cucumber Mayonnaise in
 Tomatoes
 Tiny Baking Powder Biscuit
 Bread-and-Butter Sandwiches
 Olives. Salted Nuts
 Peach Ice Cream
 Assorted Cake
 Wedding Cake
 Bonbons
 Coffee. Fruit Punch

II

Tomato Bouillon *en Tasse*
 Creamed Lobster in Ramekins
 Olives. Salted Nuts
 Terrine of Chicken and Ham Sliced Thin
 Mayonnaise of Tomatoes
 Little Cakes
 Coffee

SEPTEMBER OR OCTOBER

I

Lobster Cutlets, Sauce Tartare
 Parker House Rolls
 Truffled Chicken Breasts, Mushroom
 Sauce
 Mayonnaise of Tomatoes
 Fruit Cup
 Coffee

II

Muskmelons
 Oyster Croquettes
 Cucumbers, French Dressing
 Chicken Timbales, Bechamel Sauce
 Lady Finger Rolls
 Coffee
 Pineapple Omelet
 Wedding Cake in Boxes

III

Musk melons
 Fried Chicken, Cream Sauce
 Green Corn Custard with Green Peppers
 Baking Powder or Beaten Biscuit
 Sweet Pickled Peaches
 Celery-and-Apple Salad, French Dressing
 Coffee
 Wedding Cake in Boxes

IV

Peach-and-Pineapple Cocktail
 Creamed Halibut in Shells or Ramekins
 Brook Cress with Cucumbers, French Dressing
 Breaded Lamb Chops, Fried
 Potatoes Maitre d'Hôtel. Late Peas
 Café Parfait in Glasses
 Lady Fingers
 Macaroons
 Parker House Rolls and Coffee throughout the meal

V

Fillets of Fish, Fried
 Creamed Potatoes
 Lettuce and Sliced Tomatoes, French Dressing
 Rounds from Beef Tenderloin, Broiled
 Mushroom Sauce
 Sweet Potatoes, Southern Style
 Vanilla Ice Cream with Brandied Peaches, or
 Sliced Peaches, Sugar and Cream, or
 Peach Ice Cream
 Parker House Rolls and Coffee throughout the meal

VI

Halves of Small Muskmelons, Filled with Sliced Peaches, Sugared Fish Timbales or Truffled Fish, Hollandaise Sauce
 Mashed Potatoes, Vienna Style
 Cucumbers with Olives, French Dressing
 Broiled or Fried Chicken
 Sweet Corn Custard
 Sliced Tomatoes, Mayonnaise Dressing
 Meringue Cases with Whipped Cream, or
 Tiny Cream Cakes, Whipped Cream Filling
 Strawberry Preserves
 Salad Rolls and Coffee throughout the meal

VII

Cocktail of Broiled Live Lobster
 Dressed Cucumber Sandwiches
 Consommé à la Royal
 Fish Croquettes, Sauce Tartare
 Grenadins of Beef Tenderloin, Mushroom Sauce
 French Fried Potato Balls
 String Beans
 Truffled Partridge Breasts, Supreme
 Perigueux Sauce
 Tomato Cream Glacé
 Fruit Cup
 Assorted Cakes
 Coffee

VIII

Hot Bouillon
 Oyster Patties
 Celery. Olives
 Galantine of Chicken, Aspic Jelly
 White Bread-and-Nut Sandwiches
 Salad Rolls
 Little Cakes
 Wafers
 Frozen Pudding
 Tea. Coffee

LIST OF ARTICLES USEFUL IN PREPARING ENTRÉES

Foundation Articles

| | | |
|-------------------------------|-------------------------|------------------------|
| Anchovies | Corn (green) | Mushrooms, Fresh |
| Apples | Crabs | Okra |
| Artichokes, French (fresh) | Crabflakes | Onions |
| Artichoke Bottoms (canned) | Cucumbers (fresh) | Oysters |
| Bananas | Duck | Pâté-de-foie-gras |
| Beans of all kinds | Eggplant | Peaches |
| Beef Tenderloin | Eggs | Pears |
| Beef Tongue | Finnan Haddie | Peppers (green or red) |
| Birds | Fish of all varieties | Pimentos (canned) |
| Brains, Calf's | Fish Roe | Pineapple |
| Brussels Sprouts | Frog's Legs | Quail |
| Carrots | Game | Rice |
| Cauliflower | Guinea Hens | Samp, Baltimore |
| Celery | Ham | Sardines |
| Cepes (canned) | Hominy | Scallops |
| Cheese | Kidneys, veal and lamb | Shrimps |
| Chestnuts, Italian | Kornlet | Spinach |
| Chickens | Lamb, Chops, Loin, etc. | Squabs |
| Chops | Liver, Calf's | Sweetbreads |
| Clams | Livers, Chicken | Terrapin |
| | Lobster | Tripe |
| | Macaroni | Veal |

Articles used for Bulk, Richness, Lightness, Flavor, etc.

| | | |
|-------------------------------------|------------------------|-----------------|
| Anchovy Paste | Broths (meat and fish) | Catsup, tomato |
| Aromatic herbs (fresh and dried) | Butter | Celery |
| Bacon | Capers | Cherries |
| Bread | Carrots | Chilli Pepper |
| | Catsup, mushroom | Chilli Colorado |

| | | |
|---------------------|--------------|-----------------------|
| Chives | Jelly, Fruit | Paste, Anchovy |
| Cinnamon | Lemons | Pepper, Black |
| Cream | Limes | Pork, Larding |
| Crackers | Mace | Raisins |
| Curry Powder | Marrow, Beef | Salt |
| Eggs | Milk | Sauce, Tobasco |
| Extract, Beef | Mustard | Sauce, Worcestershire |
| Extract, Millennium | Nutmeg | Truffles |
| Garlic | Nuts | Vinegar |
| Gelatine | Oil, Olive | Wine |
| Ginger | Olives | |
| Horseradish | Paprika | |

Aromatic Herbs

| | | |
|-----------------|---------|----------------|
| Bay Leaves | Mint | Savory, Summer |
| Basil, Sweet | Mustard | Tarragon |
| Chervil | Parsley | Thyme |
| Marjoram, Sweet | Sage | |

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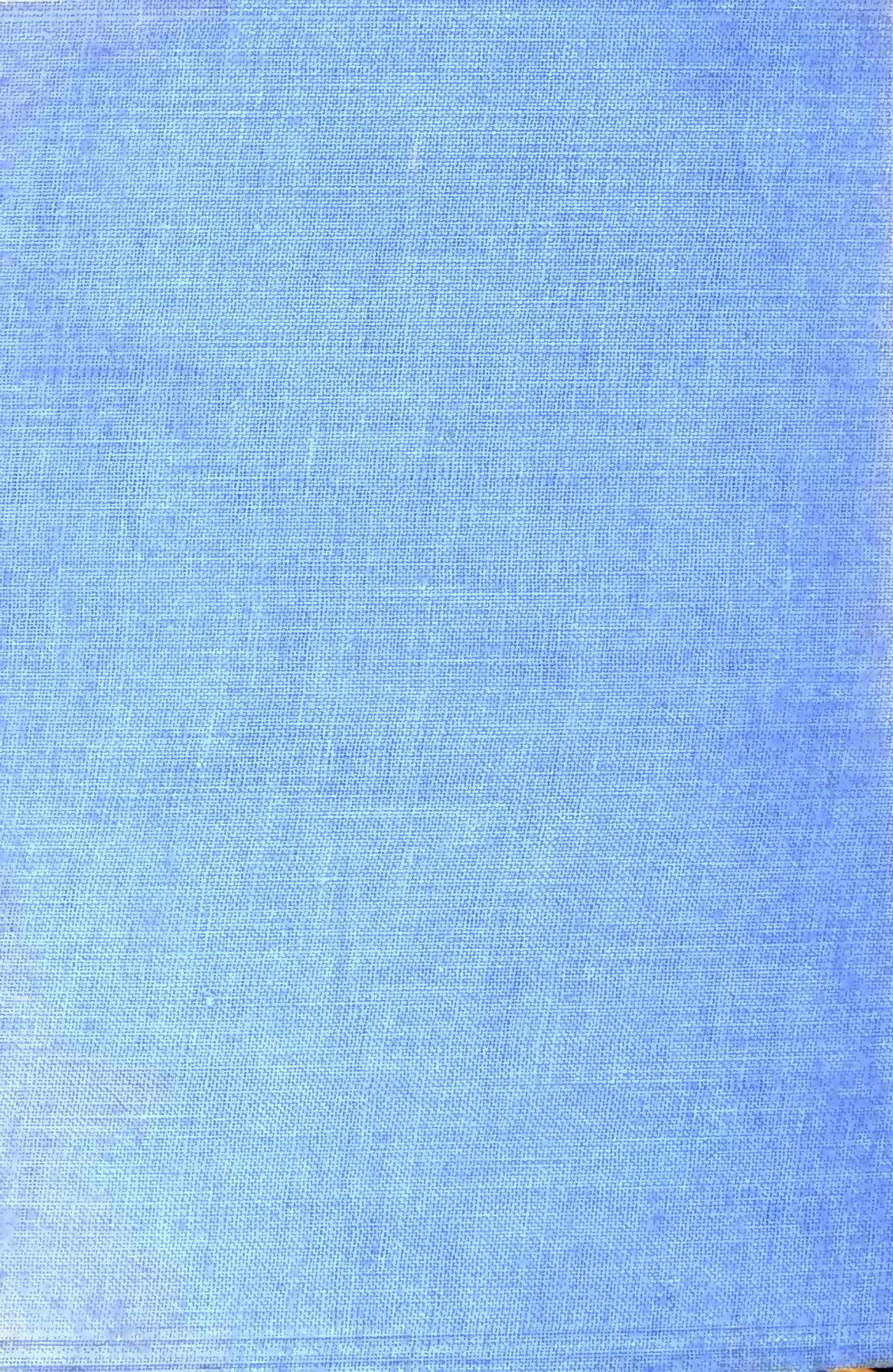
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